

express

A PUBLICATION OF **The Washington Post** | LIVE ALL DAY AT WWW.READEXPRESS.COM | SEPTEMBER 5, 2006 | >>**FREE**<<

Tuesday



Canadian troops react to a comrade's death.

Friendly Fire: U.S. strike kills NATO soldier in Afghanistan | **9**

Autism Link: Risk rises as fathers get older, study finds | **3**



Newsworthy: CBS' hopes ride on Couric's debut in anchor chair | **5**

ENTERTAINMENT

Diminished Return:

Chris Cornell's Audioslave fails to satisfy with a new CD. Also, 'Death of a President.'



>> **19-24**

Weather >> Periods of Rain



72 | 64

FULL FORECAST ON PAGE 34



Tragic End for 'Croc Hunter'

FANS MOURN: Visitors lay flowers outside Australia Zoo at Beerwah, home of Steve Irwin, the media personality and environmentalist known as "The Crocodile Hunter," who died Monday. Irwin's heart was pierced by the serrated, poisonous spine of a stingray as he swam with the creature while shooting a new TV show on the Great Barrier Reef. ♦ **Obit:** Irwin died doing what he loved. | Page 19



COLLISIONS | A Remote Possibility A paraglider crash-landed in Draper, Utah, on Friday after it was hit by a radio-controlled model airplane. Wade Hutchinson was flying his glider when the 21-inch-long airplane hit it, causing the wings

to fold and fall from the sky. The glider crashed onto a slope and rolled, which softened the blow and allowed Hutchinson to escape serious injury. No action will be taken against the model-airplane owner, police said. (AP) **EyeOpeners** | Page 2

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Indirect Mideast Talks Set

U.N. to mediate negotiations for release of Israeli soldiers

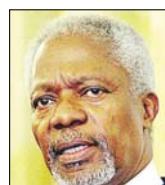
JIDDAH, SAUDI ARABIA | U.N. chief Kofi Annan said Monday he would appoint a mediator for indirect talks between Israel and Hezbollah on the release of two abducted Israeli soldiers, the first public word of negotiations between the bitter enemies since fighting in Lebanon ended.

The announcement raised the possibility of a prisoner swap to win the soldiers' release, an exchange that Israel has repeatedly rejected, at least in public. Until now, Israel had insisted that it would not have any contact with Hezbollah, but its government has been under increasing domestic pressure to bring the two home.

The agreement on the mediation effort could mark a breakthrough on an issue that is crucial to preserving the fragile three-week-old cease-fire that ended 34 days of Israel-Hezbollah fighting. Israel mounted its offensive in Lebanon after the Shiite guerrillas seized the two soldiers and killed three others in a cross-border raid July 12.

The U.N. cease-fire resolution that ended the fighting on Aug. 14 urges the unconditional release of the two soldiers. Hezbollah has said it would free them only in a swap for Arab prisoners held by Israel.

Israel on Monday repeated its stance demanding an unconditional release of the soldiers. DONNA ABU-NASR



Annan

eyeOpeners

AUTHORITY

The Law Is Whatever The Sign Says It Is

Several New York residents woke up to find their cars had been towed by police because someone had posted a No Parking sign on their street. The sign, which claimed to ban parking on their street overnight, mysteriously appeared last week, residents said, and then police started ticketing and towing cars parked there. But the Department of Transportation says there are no parking restrictions in the area and it does not know who posted the placard, which looks official. Resident David Bourgeois said he had to pay \$205 to retrieve his car, with a \$60 ticket on the windshield, from a police pound. (AP)



ONCE SPIT IS OUTLAWED ... Only Outlaws Will Have Spit

Fairfield, Australia, has banned spitting in the street, with offenders facing fines of up to \$840, the Sunday Times reported. Police officers will hand out tickets, which begin at \$84, to those who spit in public, where signs have been posted warning of the penalty. "It is just a disgusting habit and a public health issue that we can stamp out," city council member

Ninos Khoshaba said. "The biggest problem we face is those whose second nature is to spit. We need to get people out of this habit and try and educate them." After six months, the council will decide whether the ban should be permanent. (EXPRESS)



CHRISTOF STACHE/AP

GREETINGS

Big Benedict

Farmers in Munich, Germany, are looking to give Pope Benedict XVI something to Holy See. The image of the pope — not yet finished on Sunday — is being put into a wheat field near Franz Josef Strauss Airport. The picture, created with straw, soil, chalk and lawn marker color and the words "Bavaria greets Benedict XVI," will welcome the pontiff during his approach to the airport. Benedict XVI will visit the German state of Bavaria Sept. 9-14. (EXPRESS)



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STAYING OF COURIERS

Stamp of Disapproval

The Postal Service is issuing a new set of stamps depicting motorcycles; collectors who buy copies issued on the first day the stamps are available can get them with a special commemorative postmark. Unfortunately, the colorful postmark spells it "motorcyle." Having discovered this, the Postal Service announced Friday that new orders for first-day envelopes will have a corrected postmark — unless the buyer wants it spelled wrong, in which case he or she can order an incorrect version. (AP)

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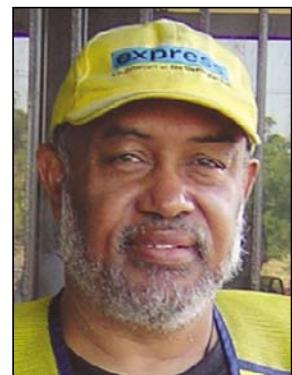
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LESSON NOT LEARNED: A paper a Michigan judge ordered Brandon Dickens to write as punishment for ducking jury duty was plagiarized, the judge says. The 20-year-old said his paper merely contained "quoted material."

Nation

In Brief

FREDONIA, N.Y.

State Troopers Vow to Nab Fugitive After Officer Death

One of two troopers ambushed while searching for an escaped convict died Sunday of his injuries, and state police vowed to capture the man they believe killed him. Joseph Longobardo was shot in the leg while on a stakeout for Ralph "Bucky" Phillips in what has become a massive, five-month manhunt. State police say Phillips is the prime suspect in the sniper-style shootings of two troopers. (AP)



Friends mourn outside the apartment complex in Chicago on Sunday.

CHICAGO

Officials: Candles Caused Apartment Fire That Killed 6

Candles used for light in an apartment without electricity probably caused a fire that killed six children inside, a fire department official said Monday as fire investigators continued sifting through debris. The fire, the city's deadliest in years, has been classified as accidental, but a preliminary investigation shows the Sunday morning blaze "was caused by candles" in the apartment. (AP)

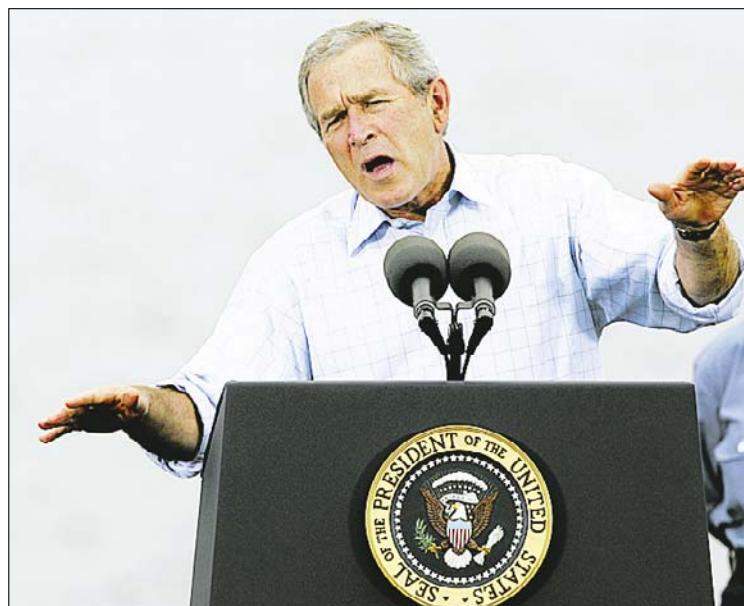
Bush: Oil Dependence Hurts Growth

President promises to help keep U.S. workers competitive in markets

PINEY POINT, M.D. | President Bush marked Labor Day on Monday by promising to help keep U.S. workers competitive in global markets and reduce U.S. reliance on foreign oil so it doesn't choke U.S. economic expansion.

"Dependence on foreign oil jeopardizes our capacity to grow," Bush said in a speech focused on the U.S. economy — a key issue in November elections that will determine whether the GOP retains control of the House and Senate.

Democrats contend the middle class isn't enjoying the benefits of recent U.S. economic gains. They



RALLY: President Bush said the U.S. must reduce its dependence on foreign oil or economic growth will suffer in a Labor Day speech in Piney Point, Md., on Monday.

Voting Your Pocketbook

→ In a year when politics is being roiled by angry debate over the Iraq war, midterm elections may be just as affected by anxiety over the economy. | **Today, A Section**

IN *The Washington Post*

say sluggish median earnings show paychecks have failed to keep pace with inflation, and they note rising health care and energy costs.

Average prices at the gas pump have eased over the past month from more than \$3 for a gallon of unleaded regular gasoline to \$2.79. That has given Americans some relief, but Bush warned against continued reliance on oil-producing countries where the United States is unpopular. DEB RIECHMANN (AP)

Study: Older Dads Up Risk of Autism

Fathers after 40 much more likely to have a child with disorder

CHICAGO | Men who become fathers in their 40s or older are much more likely to have autistic children than younger dads, a new study released Monday shows, bolstering evidence that genetics contributes to the mental disorder.

The research involved about 130,000 Israeli Jews born in the 1980s. Those fathered by older men

were almost six times more likely to have autism or related disorders than those fathered by men younger than 30, and more than one-and-a-half times more likely than children fathered by men ages 30-39.

The mothers' age at childbirth appeared to have little impact on autism, although the researchers said they couldn't rule out "a possible small effect" from the oldest mothers.

Autism experts called the study intriguing but not definitive, and the authors said the results need to be

tested in a broader population to see if similar findings would occur in other ethnic groups.

It's not the first time fathers' age has been implicated in autism, but the new research stands out because "it's a strong effect in a carefully designed study," said Dr. Edwin Cook, an autism researcher at University of Illinois-Chicago who was not involved in the study.

Autism is a developmental disorder that involves an impaired ability to socialize and communicate.

LINDSEY TANNER (AP)

Labor Day Rallies Draw Thousands

SAN FRANCISCO | In far smaller numbers than they did this spring, supporters of illegal immigrants marched in several U.S. cities Monday, calling for illegal immigrants to be given the chance to live and work freely in the United States.

Labor groups joined legal and illegal immigrants in a boisterous march of more than 2,000 in downtown San Francisco.

Crowd estimates for Labor Day rallies in cities ranged from the hundreds to the low thousands. (AP)

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UNWISE WALKOUT: A Massachusetts man was forced to pay his tab this week when walking out on the check after he told the bartender he was staying across the street at a Red Roof Inn.

Nation

Next Storm in the Making

Tropical depression threatens to grow into Hurricane Florence

MIAMI | A tropical depression brewing over the open Atlantic was nearing tropical storm strength Monday morning, forecasters said.

At 5 p.m. EDT, the depression had sustained winds near 35 mph, 4 mph shy of becoming a tropical storm and the sixth named storm of the Atlantic hurricane season, according to the National Hurricane Center. The depression would be named Florence if it reaches tropical storm strength. Forecasters said it could become a



Floodwaters cover a yard in St. George's Island, Md., after Ernesto's heavy rains.

tropical storm Tuesday.

It comes on the heels of Tropical Storm Ernesto, which was briefly the season's first Atlantic hurricane.

Ernesto hit the U.S. mainland at

tropical storm strength, first moving over Florida, then swinging out to sea before hitting the Carolinas just short of hurricane strength last week. The storm and its remnants wreaked havoc along the East Coast, tearing down tree limbs and power lines and flooding low-lying areas.

About 9,000 homes and business in Connecticut were still without power Monday morning because of the storm. In New York's Westchester County, just north of New York City, 19,000 customers were without power, and residents of Yonkers were advised to boil water because of a power outage at a reservoir. (AP)



Katie Couric and Bob Schieffer appear during a tribute to Schieffer on his last broadcast as anchor from the CBS News Broadcast Center in New York last week.

Couric Takes Over as Anchor for CBS News

Tuesday night marks the debut for 15-year 'Today' show veteran

NEW YORK | With a rebuilt newsroom behind her and new theme music from an Academy Award-winning composer, Katie Couric is set to make the most talked-about debut of the fall television season Tuesday on the "CBS Evening News."

CBS hopes that many of the viewers who watched Couric in the morning during her 15 years at NBC's "Today" show will stay with her in the evening, lifting a broadcast that has spent several years in

the ratings basement.

Tuesday caps a tumultuous two years for network evening newscasts. For more than two decades, the networks had featured Tom Brokaw, Peter Jennings and Dan Rather. Now, Couric will compete against Brian Williams at the top-rated NBC "Nightly News" and Charles Gibson at ABC's "World News."

CBS this summer rebuilt the newsroom that will be used as Couric's set. James Horner, who composed the music for "Titanic," wrote new music for the evening news theme. Couric even went on a six-city "listening tour" to hear what viewers want on the news. DAVID BAUDER (AP)

Jury Selection For R.I. Nightclub Fire Trial Begins

WEST WARWICK, R.I. | The man whose fireworks display set off a 2003 blaze that killed 100 concertgoers is sitting in prison, but for many victims' relatives, the first of the two most important trials in the case is only now about to begin.

Jury selection begins Tuesday for Michael Derderian, who with his brother owned The Station, the one-story, wooden nightclub that quickly became a deathtrap when stage pyrotechnics ignited the sound-proofing foam that covered its walls and ceiling.

Still fiercely angry more than three years after the fire, victims' relatives see the Derderians as penny-pinchers who created unsafe conditions and have never shown the same remorse as the man whose pyrotechnics started the fire.

Daniel Biechle, now serving four years in prison, was tour manager for the band Great White. Biechle pleaded guilty and tearfully apologized in court in May. (AP)



WHO KNEW? Most people underestimate the number of calories in fast-food meals — a big problem, as portion sizes have ballooned, a new study shows. (AP)

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Nation

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The percentage of Michigan voters who say they approve a ballot measure that would scrap many of Michigan's affirmative action programs. Forty-three percent say they oppose the measure.

Harris Stumbles on in Fla.

Despite her troubled campaign, candidate poised for primary win

TALLAHASSEE, FLA. | Disaster may not be too strong a word for Rep. Katherine Harris' Senate campaign. Her makeup and formfitting clothes are mocked on national TV. Her flirty interview style embarrasses her campaign handlers. Staffers keep quitting in despair.

She's been linked to a shady defense contractor, caught in fibs and scolded for telling voters that non-Christian politicians "legislate sin." Yet, on the strength of her name recognition, Harris is expected to win Florida's GOP Senate nomination on Tuesday, to the chagrin of many Republicans.

"This campaign will go down in history as one of the most disastrous ever run in the United States," declares Jim Dornan, who helped launch Harris' bid as her campaign manager. He left three months later,



STUMPING: Senate hopeful Katherine Harris talks to Jacinto Garcia at the Maximo Gomez Park Domino Club in the Little Havana section of Miami on Monday.

unable to work with her.

Republicans in Washington and Florida tried to recruit someone notable to enter the primary against Harris, but those efforts failed. So Harris is expected to walk away with the nomination against

three political unknowns.

That would leave Republicans — who want to oust first-term Democratic Sen. Bill Nelson in November — to hope that Harris can rebuild her wobbly campaign.

BRENDAN FARRINGTON (AP)



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PLAY DAY: U.S. casino mogul Stephen Wynn will make a big gamble this week when he opens a sleek \$1 billion hotel-casino in Macau — the booming Chinese territory that could soon bump off Las Vegas as the world's gaming capital. The lavish casino complex will open Wednesday.

World

In Brief

MEXICO CITY

Top Court Set to Rule on Disputed Presidential Vote

Mexico at last will have a final decision Tuesday on its disputed July 2 presidential race, with the nation's



Calderon

top electoral court expected to declare ruling-party candidate Felipe Calderon president-elect. Most court rulings so far have favored Calderon, who has a 240,000-vote advantage over leftist rival Andres Manuel Lopez Obrador. (AP)

LONDON

Airliner Plot Suspects Will Not Face Trial Before 2008

People alleged to have plotted to bomb U.S.-bound airliners will not be brought to trial before 2008 as officials sift through evidence from across the world, prosecutors said Monday, a delay that will keep key details of the case secret for almost two years. Prosecutors rounded up 25 people in raids over the alleged airliner plot, and have so far charged 15 people with offenses. (AP)

VIENNA, AUSTRIA

Teen Who Escaped Long Captivity OKs TV Interview

The teenager who made a dramatic escape after 8½ years of captivity in a windowless cell has agreed to a televised interview this week. Public broadcaster ORF will air its interview with 18-year-old Natascha Kampusch on Wednesday evening, although she will be "shielded" in some way to ensure she is not recognizable on the street, media representative Dieter Ecker said. (AP)

MANILA, PHILIPPINES

Clashes With Rebels Linked To Al-Qaeda Kill 6 Troops

Philippine marines clashed with nearly 200 al-Qaeda-linked rebels Monday, and officials said six government troops were killed and 19 wounded in the biggest battle in a monthlong U.S.-backed offensive. The fighting with Abu Sayyaf militants erupted near the mountainous town of Patikul on Jolo island. (AP)

More Than 30 Bodies Found in Iraq

Bullet-ridden corpses bear signs of torture; 7 coalition troops die

BAGHDAD, IRAQ | Police found the tortured, blindfolded bodies of 33 men scattered across the capital Monday and the U.S.-led coalition reported combat deaths of seven servicemen, a day after Iraqi leaders said the capture of a top terror suspect would reduce violence.

Kidnappers also dragged off a popular soccer star in Baghdad, while a security crackdown in

the city expanded into the upscale Mansour neighborhood.

An al-Qaeda-affiliated group dismissed the Iraqi government's claim that the organization's second most important leader had been arrested, suggesting the man was not a senior figure and denying the terror group had suffered a significant blow.

Police said the 33 bullet-riddled bodies all showed signs of torture and had their hands and feet bound. The men had been dumped around several neighborhoods, police said.



Men secure a coffin to the top of a car outside a morgue in Baqubah, Iraq. (AP)

Two other bodies were found dumped on a highway in Kut. Both had been shot in the head and chest, said Maamoun Ajil al-Robaie at Kut hospital's morgue.

The U.S.-led coalition said seven of its personnel had been killed in the past two days — five Americans and two Britons.

Additionally, assailants abducted Ghanim Ghudayer, a soccer star and member of Iraq's Olympic team. The 22-year-old was taken Sunday evening by unknown assailants, some of whom were wearing military uniforms, police said. (AP)



TOURIST TARGET: Jordanian police secure the area around the amphitheater where foreign tourists were attacked by a gunman. (AP)

British Tourist Dies in Jordan Attack

Gunman opens fire on Westerners visiting popular Roman ruins

AMMAN, JORDAN | A gunman opened fire on Western tourists at Roman ruins in the heart of Jordan's capital Monday, killing a British man and wounding six people before being overpowered. Police said the attacker came from the same area as the slain leader of al-Qaeda in Iraq.

The attack at an ancient amphitheater came despite a clampdown

on security in this key U.S. ally since a string of deadly bombings at hotels last November that al-Qaeda in Iraq claimed to have staged.

Police were trying to determine whether the person alleged to be the gunman, Nabeel Ahmed Issa Jaourah, was enticed by Islamic militants or a terror group to carry out the shooting, said a Jordanian security official, who agreed to discuss the investigation only if not quoted by name.

The official said Jaourah, 38, is from Rusaifa, a village outside Zarqa, the hometown of Abu Musab

al-Zarqawi, the leader of al-Qaeda in Iraq who was killed June 7 when a U.S. warplane bombed his hideout in Iraq. Zarqa is an industrial town northeast of Amman that is a hub for extremist Muslims.

The attacker shouted, "God is great," in Arabic as he ran past the tourists, firing at them from behind. Then he turned around, facing them, and continued to shoot, the security official said.

He said bystanders helped two nearby tourist police capture the assailant, who tried to flee. (AP)

Canadian Killed in U.S. Strike

Soldier fighting Taliban forces dies in 'friendly fire' incident

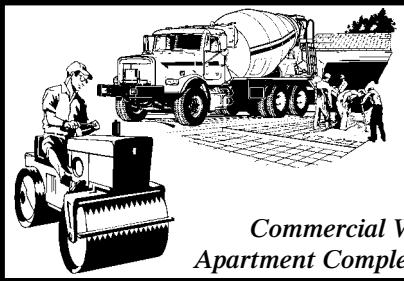
KANDAHAR, AFGHANISTAN | U.S. warplanes mistakenly fired on Canadian troops fighting Taliban forces Monday in southern Afghanistan, killing one soldier and wounding five in an operation that NATO said also has left 200 insurgents dead.

A British soldier attached to NATO and four Afghans also were killed in a suicide vehicle bombing Monday in Kabul, while 16 suspected Taliban militants and five Afghan police were killed elsewhere in the country.

The intense fighting comes amid Afghanistan's deadliest spate of violence since U.S.-led forces toppled the Taliban regime.

The "friendly fire" incident happened after ground troops battling Taliban militants requested air support, NATO said.

NATO said the International Security Assistance Force provided the support but "regrettably engaged friendly forces during a strafing run, using cannons." It later identified the planes as U.S. A-10 Thunderbolts. NOOR KHAN (AP)



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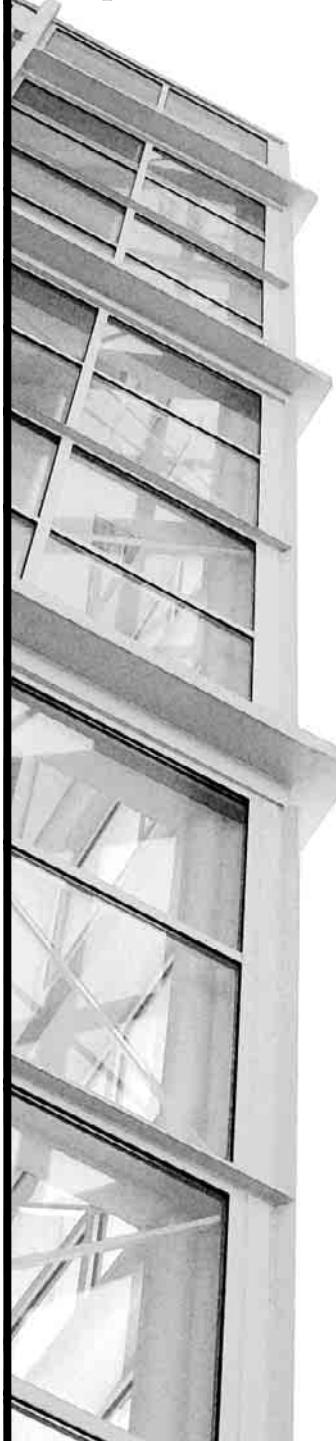
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SEPTEMBER 6 • NOON

Ryan Sager discusses and signs his new book *The Elephant in the Room: Evangelicals, Libertarians, and the Battle to Control the Republican Party*. With Michael Barone, U.S. News and World Report.

SEPTEMBER 7 • NOON

John Gillingham discusses and signs his new book *Design for a New Europe*. With Ambassador John Bruton from the European Union.

SEPTEMBER 8 • 9:30 A.M.

THE WAR ON TERRORISM FIVE YEARS AFTER 9/11. Robert Pape discusses and signs his new book *Dying to Win: The Strategic Logic of Suicide Terrorism*. With Dana Priest of the Washington Post, Andrew Kohut of the Pew Research Center, and Flynt Leverett of the New America Foundation.

SEPTEMBER 12 • NOON

Overkill: The Rise of Paramilitary Police Raids in America. Radley Balko discusses his Cato Institute white paper. With Norm Stamper, retired Seattle police chief.

SEPTEMBER 19 • NOON

Timothy Sandefur discusses and signs his new book *Cornerstone of Liberty: Property Rights in 21st-Century America*. With John D. Echeverria, executive director of the Georgetown Environmental Policy & Law Institute.

SEPTEMBER 20 • NOON

John Geer discusses and signs his new book *In Defense of Negativity: Attack Ads in Presidential Campaigns*. Joined by John Samples, director of the Cato Institute's Center for Representative Government.

SEPTEMBER 21 • NOON

Author David A. Hyman discusses and signs his new book *Medicare Meets Mephistopheles*.

SEPTEMBER 25 • NOON

Marie Gryphon, director of educational programs, Institute for Humane Studies, discusses her report "Giving Kids the Chaff: How to Find and Keep the Teachers We Need." With Art Wise, president of the National Council for Accreditation of Teacher Education.

World



DIGITIZED: The Jamia Millia Islamia university in New Delhi plans to digitize its collection of rare books, some dating to the 16th century, to make them more accessible to researchers.

Sudan Resists U.N. Troops

AU peacekeepers given a week to accept new terms or leave Darfur

KHARTOUM, SUDAN | Sudan said Monday that African Union peacekeepers will have to leave the war-torn Darfur region unless they accept a deal within a week that would effectively block a proposed U.N. peacekeeping force.

The deadline escalates the Khartoum regime's standoff with the United Nations over Darfur to a crisis point, pitting Sudanese determination to resist possible war crimes investigations against a U.N. push to take on a new, tough peacekeeping mission.

Many observers believe Sudan has dug in against U.N. deployment in the vast western region because it fears the force will hunt down officials and government allies suspected of war crimes for atrocities committed by nomadic Arab tribes on Darfur's ethnic African communities.

Aid workers say the conflict has



An African Union peacekeeper, seen here in June 2006, patrols a village in Darfur.

worsened in recent months, and U.N. officials warn that hundreds of thousands of people could die if aid operations collapse.

The African peacekeepers' mandate runs out Sept. 30, and last week the Security Council passed a resolution that would put the AU force under U.N. control, pending Sudan's consent. The government

in Khartoum promptly rejected the resolution.

On Monday, Sudan went a step further. Foreign Minister Ali Ahmed Kerti said the AU force can remain in Darfur only if it accepts Arab League and Sudanese funding. He gave the African Union a week to agree or get its troops out, a government statement said. (AP)

In crisis: Sudan has dramatically intensified the war in Darfur in a bid to finish off the rebellion before a U.N. force can deploy there, analysts say | Today's Post, Al

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STEEPLE RACE: The D.C. mayoral candidates took to the pulpits Sunday to start the final push toward next week's primary. Adrian Fenty and Marie Johns spoke at Bible Way Temple. Linda Cropp was at Johnson Memorial Baptist Church.

Local

Teen Charged in Therapist Slaying

Psychiatrist dead after an appointment with a young client

BETHESDA, MD. | A 19-year-old man was charged Monday with slaying a prominent psychiatrist and federal health official, Montgomery County police said.

Vitali A. Davydov, of North Potomac, was believed to be the only suspect in the case after Dr. Wayne

S. Fenton, 53, was found unconscious in his office Sunday after an appointment with the teen, police said. Davydov's father saw his son acting strangely outside the building after the appointment, found Fenton and called police, according to a statement from police.

In addition to seeing patients who were considered severely disturbed in his private practice, Fenton was associate director of the National Institute of Mental Health, a division

of the National Institutes of Health. His death was described as devastating, not only to his friends but also for the advancement of mental health research.

"He was, without question, one of the nation's experts in schizophrenia," said Thomas R. Insel, director of the National Institute of Mental Health.

Insel said Fenton was leading a research effort to help make it possible for people with severe psy-

chiatric disease to function in the community.

"I can't convey to you the extent of this loss," Insel said. "This was a huge loss for the nation." Schizophrenia afflicts about 2.5 million Americans, Insel said.

Fenton's body has been sent to the medical examiner. (AP)

Quick confession: Detectives say the teen told them that he killed Fenton with his fists. *Today's Post, Metro*

IN The Washington Post | POLITICS ON PARADE



MICHAEL DUQUEILLE/TWP

SHAKE IT UP: Cars participating in the 2006 Kensington Labor Day Parade drove on Plyers Mill Road and St. Paul Street in Kensington, Md., on Monday. • **Polling down the street:** A battalion of candidates for public office fanned out across the region Monday, taking advantage of Labor Day events to do some face-to-face campaigning in the lead-up to the primary elections that will be taking place next week. | *Today's Post, Metro*

The Lotteries

Sunday, September 4

DISTRICT

Mid-day Lucky Numbers	6-4-9
Evening Lucky Numbers	9-4-7-6
Mid-day DC 4	9-8-8-8
Evening DC 4	9-4-7-6
Rolling Cash Five	10-20-19-16-31

Daily 6 **34-15-11-36-39-14 (13)**

MARYLAND

Mid-day Pick 3	7-2-2
Evening Pick 3	7-5-8
Mid-day Pick 4	8-6-9-7
Evening Pick 4	3-7-0-7
Match 5	5-10-11-18-29 (32)

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

City Mulls Year-Round Schooling

Superintendent: Some students may benefit from longer schedule

WASHINGTON | Public Schools Superintendent Clifford B. Janey is proposing a year-round school year to help boost student achievement at some low-performing schools.

Under the proposal, five schools would likely add 20 days to the 180-day calendar, Janey said. He expects to select the schools by December, and at least three would be low-performing schools.

Nationally, the number of year-round schools has declined from 3,181 in 2003 to 2,850 this year, according to the National Association for Year-Round Education. The year-round model had its greatest boom in the 1990s.

The idea sparks debate between education experts, who cite studies showing knowledge loss among students over the summer, and parents who want downtime for their children.

"Students need parent time," said Cherita Whiting, who is on the board of the city PTA. (AP)

In Brief

PALMER PARK, MD. Four Officers Suspended as Police Investigate Shootings

Four Prince George's County police officers have been suspended after three officer-involved shootings in 24 hours — one of them fatal. Police said two officers shot and killed a shoplifting suspect Monday morning in Capitol Heights after they chased the man and he pulled a gun on them. Police said the officers had responded to a report that the man was shoplifting and carrying a gun at a nearby Shopper's Food Warehouse. Another officer-involved shooting happened just

before midnight at a Shopper's Food Warehouse in Clinton. (AP)

GREENBELT, MD. Station Open Again After Police Check Out Suitcase

Metro's Greenbelt station is open after a bomb squad disrupted a suspicious device in a suitcase. Metro officials said the station was closed after a man told police outside the station that a suitcase he was carrying had explosives inside. Police were tipped off by another passenger, who said the man had told him he had explosives in the suitcase while they were on a train from College Park. Police say the suitcase did not contain anything suspicious. The man and a woman who was with him were detained. (AP)

Herniated Disc Technology Discovered by NASA Scientists

A new free report has recently been released that reveals how breakthrough medical technology is offering new hope for sciatica sufferers. Discover how research has proven non-surgical spinal decompression 86% successful in treating debilitating back pain. Find out how why astronauts don't have back pain and how NASA's accidental discovery lead to the most promising treatment today. For your free report entitled, "How Space Age Technology Is Solving Back Pain Without Drugs Or Surgery!" call 1-800-357-5039 for the toll-free 24 hour recorded message. Supplies are limited - call now. If phone lines are busy, visit: www.DiscReportVA.com

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DRAWINGS TUESDAY AND FRIDAY

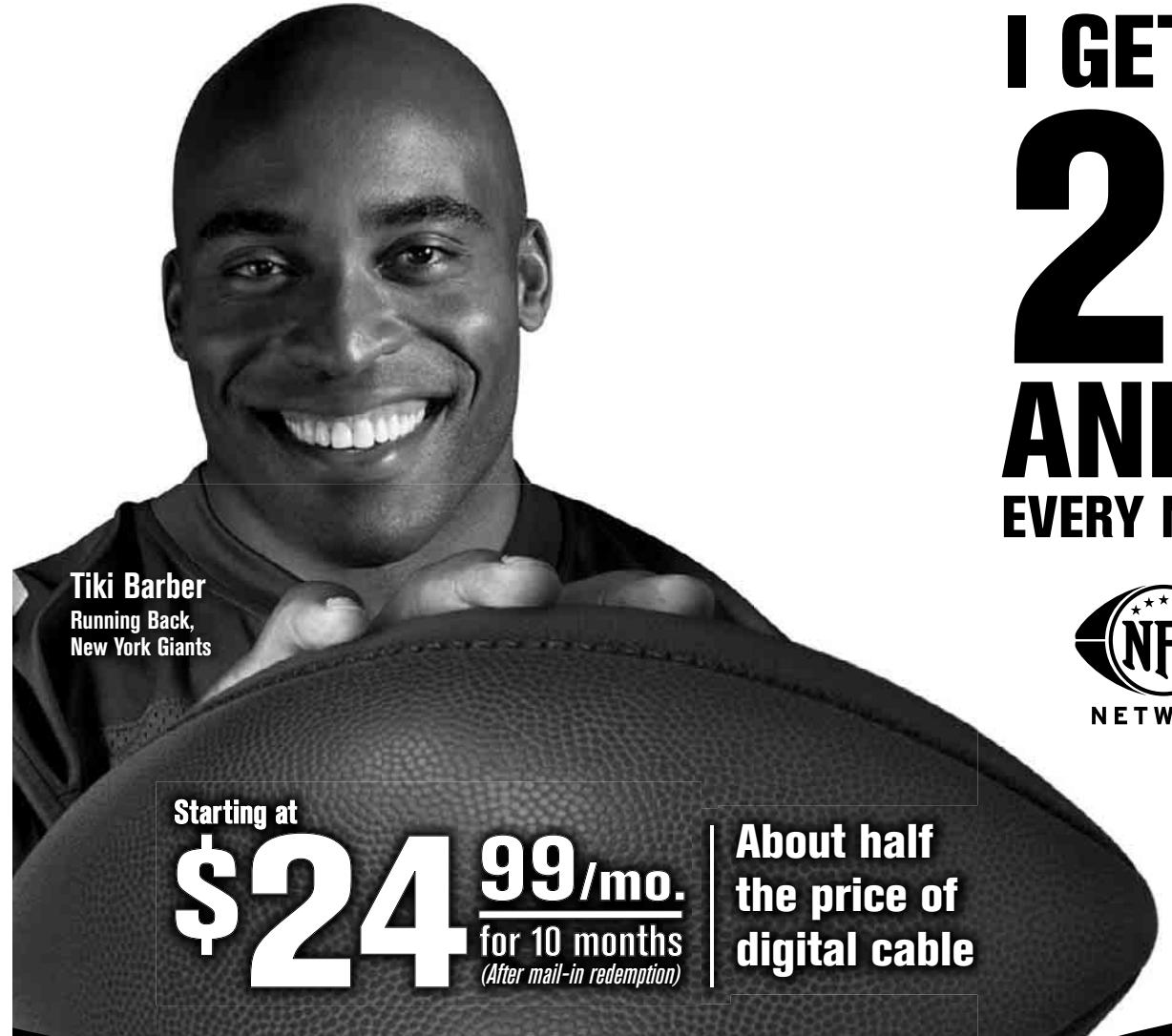
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ADS 169

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Also in the Early Sunday Edition available Saturday at retail locations throughout the area.



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EARLY ADMISSION: With six weeks left in the season, D.C. United became the first MLS team to clinch a playoff berth this weekend when the Kansas City Wizards lost to the L.A. Galaxy on Saturday, 2-1. D.C. is guaranteed to finish better than both Kansas City and the Columbus Crew.



Sports

Woods Stays Unstoppable

2 eagles and 2 birdies cap early comeback in 5th straight Tour win

GOLF | What began as a rally quickly turned into a rout for Tiger Woods, who matched the lowest final round of his career Monday in the Deutsche Bank Championship to win for the fifth straight time on the PGA Tour.

With a splendid array of shots and key putts, Woods crushed Vijay Singh's spirit on his way to an 8-under 63, turning a three-shot deficit into a two-shot victory for his longest winning streak in a season.

The streak began in July with a victory in the British Open, his first since his father died in May. It continued on a sunny afternoon outside Boston with some of his best golf of the year and allowed him to avenge a loss to Singh at this tournament two years ago.

Woods needed only three holes to erase the deficit, including a 7-



Tiger Woods celebrates a 10-foot eagle putt on the second hole on Monday.

iron over a marsh and into 10 feet for eagle at No. 2. He pulled ahead with a 25-foot birdie putt at No. 5, and he seized control with a 3-wood

from 266 yards, a piercing shot into a gentle breeze that banged into the slope fronting the green and stopped 10 feet away for another eagle.

He played his first seven holes in 6 under par, and Singh never got closer than two shots the rest of the way.

"Tiger played unbelievable," Singh said. "He made two eagles and just took it away."

Byron Nelson won 11 straight tournaments in 1945, a streak regarded as one of the most untouchable in sports.

Woods won six straight at the end of 1999 and the start of 2000, and Ben Hogan won six in a row in 1948.

Woods now takes a week off before heading to England for the HSBC World Match Play Championship, followed by the Ryder Cup.

His next PGA Tour start will be the American Express Championship outside London at the end of September.

DOUG FERGUSON (AP)

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN)

It would be hard for any of the Nationals pitchers to follow Ramon Ortiz's showing on Monday against the Cardinals. It'll be even harder for Pedro Astacio, who has lost his last two starts and lasted just 5 2/3 innings last week against the Phillies.

ORIOLES (10 P.M. ON MASN) Last night, the Orioles faced Jered Weaver and the Angels. It doesn't get any easier

tonight when the Angels put John Lackey on the mound.

BASEBALL (7 P.M. ON TBS) At the beginning of the season, a game between the Braves and Mets might have playoff consequences. Not anymore.

TENNIS (11 A.M. ON USA AND 7 P.M. ON USA) Andre Agassi might be gone, but there are plenty of stars still left at the U.S. Open in New York.

MLB

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Yankees	81	54	.600	—	43-25	38-29
Boston	73	64	.533	9	41-26	32-38
Toronto	71	66	.518	II	41-27	30-31
Baltimore	61	75	.449	20.5	36-34	25-41
Tampa Bay	55	82	.401	27	36-32	19-50

CENTRAL

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Detroit	84	53	.613	—	41-26	43-27
Chicago	79	57	.581	4.5	44-26	35-31
Minnesota	78	57	.578	5	45-22	33-35
Cleveland	65	70	.481	18	37-31	28-39
Kansas City	51	87	.370	33.5	31-38	20-49

WEST

WEST	W	L	PCT.	GB	HOME	ROAD
Oakland	79	57	.581	—	41-27	38-30
L.A. Angels	72	65	.526	7.5	34-31	38-34
Texas	70	68	.507	10	35-36	35-32
Seattle	64	72	.471	15	38-31	26-41

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	84	51	.622	—	43-23	41-28
Philadelphia	69	68	.504	16	35-37	34-31
Florida	68	68	.500	16.5	35-30	33-38
Atlanta	65	71	.478	19.5	30-35	35-36
Washington	59	77	.434	25.5	34-32	25-45

CENTRAL	W	L	PCT.	GB	HOME	ROAD
St. Louis	73	62	.541	—	42-26	31-36
Cincinnati	68	69	.496	6	35-33	33-36
Houston	67	70	.489	7	38-33	29-37
Milwaukee	62	75	.453	12	39-29	23-46
Chicago	55	81	.404	18.5	28-38	27-43
Pittsburgh	54	83	.394	20	36-33	18-50

WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Dodgers	73	63	.537	—	44-27	29-36
San Diego	70	66	.515	3	35-37	35-35
San Fran.	68	69	.496	5.5	38-31	30-38
Arizona	64	72	.471	9	32-35	32-37
Colorado	63	73	.463	10	35-32	28-41

Standings through Sept. 3's games

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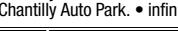


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Saturday, October 14, 2006 * 10:00a.m.*
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Master of Public Administration

Thursday, September 7, 2006 *
 6:30 p.m.* Arlington Original Building * Room:256 (Arlington campus)

Wednesday, October 18, 2006*
 6:30p.m.* Johnson Center * 3rd Floor Meeting Room D (Fairfax campus)

Rheumatoid arthritis, Lupus, Scleroderma or Myositis?



Doctors at the National Institutes of Health (NIH) are conducting pioneering research in understanding the genetic and environmental risk factors that may result in autoimmune diseases. The goal of study 03-E-0099 is to assess why one sibling or twin in a family developed an autoimmune disease and why the other brother or sister did not. The study consists of a blood draw, urine collection and completing surveys. There is no charge for evaluations and medical tests at the NIH. Compensation is provided for both participants and their referring physician.

You may qualify if:

You have rheumatoid arthritis/juvenile rheumatoid arthritis, lupus, scleroderma or myositis. You were diagnosed within the last 4 years. You have a twin or sibling of the same gender within 4 years of age without an autoimmune disease.

Both children and adults are eligible.

Duration of study:

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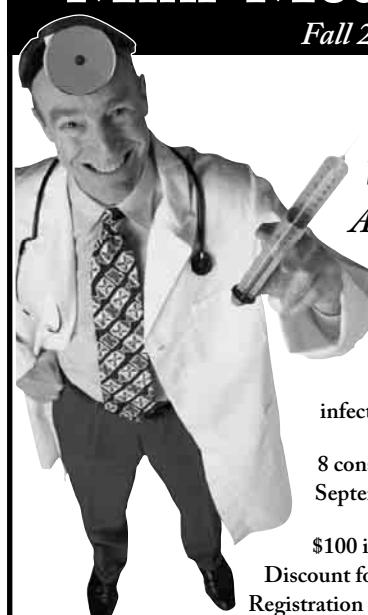
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Sports

Near No-No for Nats' Ortiz

Starter takes no-hitter into the 9th and belts his first HR in 4-1 win

NATIONALS | A near no-hitter? Yeah, that's worth smiling about. A first career home run? Now, there's a reason to celebrate.

Ramon Ortiz came within three outs of pitching the majors' first no-hitter in more than two years Monday, but it was his eighth-inning shot to the bullpen beyond the left field fence that had him practically giddy after the Washington Nationals' 4-1 victory over the St. Louis Cardinals.

"When I see that ball's a homer, I say, 'Yes!' It's unbelievable. I can't sleep tonight," Ortiz said.

On the second pitch of the next inning, Ortiz left a fastball up in the strike zone to leadoff hitter Aaron Miles, who singled to center to end the 33-year-old Dominican's bid to become the first pitcher to throw a no-hitter since Randy Johnson's perfect game for the Arizona Diamondbacks on May 18, 2004.

"He came up short, but we decided it was worth a bottle of Dom anyway," said general manager Jim Bowden, shortly after presenting Ortiz with a bottle of the highbrow champagne.

Ortiz (10-12) certainly wasn't a likely candidate for a no-hitter. He had been 0-3 with a 11.43 ERA in his last four starts. He hadn't lasted



REJOICING RAMON: Starting pitcher Ramon Ortiz, 33, tips his hat to the crowd after Monday's 4-1 win, in which he hit his first homer and almost threw a no-hitter.

"For a few sweet days, cynics have been banished from RFK Stadium."

Columnist Thomas Boswell writes on why this weekend reminded fans that it's great to have baseball back in Washington | **Sports**

IN The Washington Post

more than seven innings all season because of his consistent high pitch-counts.

"You just have to give credit to Ortiz," St. Louis manager Tony LaRussa said. "He was better. He looked good the whole time. If you took strike one, he just got nastier and nastier." JOSEPH WHITE (AP)

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GO, TEAM: It's another touchdown for Disney as "Invincible" sweeps to the No. 1 box-office spot for a second consecutive week. Newbies "Crank" and "The Wicker Man" took the No. 2 and 3 slots, respectively.



LIVING THE WILD LIFE: Australian Prime Minister John Howard called the death of the "Crocodile Hunter" "a huge loss."

The Last Hunt

Celebrity adventurer Steve Irwin is felled by a stingray's barb

APPRECIATION | Steve Irwin died doing what he loved best, getting too close to one of the dangerous animals he dedicated his life to protecting.

The hugely popular Australian television personality and conser-

vationist known as the "Crocodile Hunter" was killed Monday by a stingray while filming off the Great Barrier Reef. He was 44.

Irwin was at Batt Reef, off the remote coast of Queensland state, shooting a segment for a series called "Ocean's Deadliest" when he swam too close to one of the animals, which have a poisonous barb on their tails, his friend and colleague John Stainton said.

"He came on top of the stingray and the stingray's barb went up and into his chest and put a hole into his heart," said Stainton, who was on board Irwin's boat at the time.

Crew members aboard the boat, Croc One, called emergency services in the nearest city, Cairns, and administered CPR as they rushed the boat to nearby Low Isle to meet a rescue helicopter. Medical staff pronounced Irwin dead when

they arrived a short time later.

Irwin was famous for his enthusiasm for wildlife and his catchword "Crikey!" in his television program "Crocodile Hunter." First broadcast in Australia in 1992, the program was picked up by the Discovery network, catapulting Irwin to international celebrity.

Irwin, who made a trademark of hovering dangerously close to untethered crocodiles and leaping onto their backs, spoke in rapid-fire bursts with a thick Australian accent and was almost never seen without his uniform of khaki shorts and shirt and heavy boots.

His ebullience was infectious and Australian officials sought him out for photo opportunities and to promote the country.

Irwin's public image was dented, however, in 2004 when he caused an uproar by holding his infant son in one arm while feeding large crocodiles inside a zoo pen. Irwin claimed at the time there was no danger to the child, and authorities declined to charge Irwin with violating safety regulations.

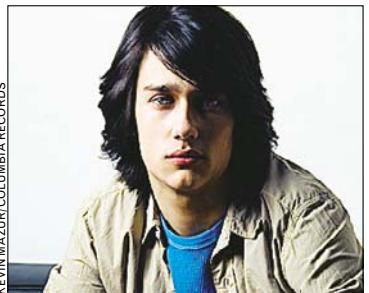
Stingrays have a serrated, toxin-loaded barb, or spine, on the top of their tail. The barb, which can be up to 10 inches long, flexes if a ray is frightened. Stings usually occur to people when they step on or swim too close to a ray and can be excruciatingly painful but are rarely fatal, said University of Queensland marine neuroscientist Shaun Collin.

Collin said he suspected Irwin died because the barb pierced under his ribcage and directly into his heart.

"It was extraordinarily bad luck. It's not easy to get spined by a stingray, and to be killed by one is very rare," Collin said. BRYAN CASSEY (AP)

Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE WASHINGTONPOST.COM/ENTERTAINMENT



TEDDY GEIGER The Young & the Dreamy

Up-and-coming pop sensation **Teddy Geiger**, who is not yet 18 years of age, is known to cause hysteria among adolescent girls. Although he's still waiting to cast his first vote, the multitalented Geiger sings and plays several instruments on his debut album, "Underage Thinking," and wrote all the tracks. How precocious.

Recher Theatre, 512 York Road, Towson, Md.; 7 p.m., \$15; 410-547-7328.

NORA EPHRON A New Wrinkle

Humorist **Nora Ephron** brings her collection of lighthearted, yet deeply felt, essays on aging, "I Feel Bad About My Neck," to Politics & Prose. The novelist and screenwriter discusses the book and her own descent into less-than-tautness. *Politics & Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919. (Van Ness-UDC)*


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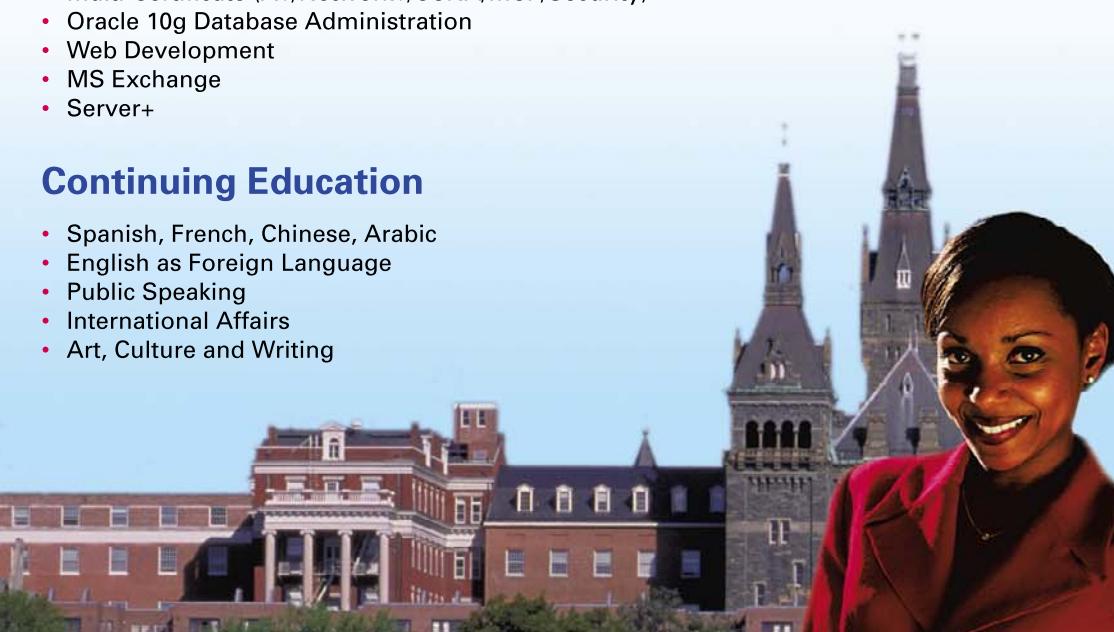
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Entertainment



THEANA RUSSELL

ROCK IN A HARD PLACE: One would think a band consisting of three-quarters of politically minded Rage Against the Machine would want to rouse some rabble.

It's Time to Take Action

Audioslave should stop navel-gazing and start acting up

MUSIC | "The original fire has died and gone / but the riot inside moves on," Chris Cornell sings on the first single from Audioslave's third album, "Revelations" (Epic).

This might be the group's way of saying that those still hoping for a return of Rage Against the Machine's political punch, well, shouldn't.

Audioslave consists of three members of Rage, L.A.'s great agit-rock band, plus Soundgarden singer Cornell, and while the musicians certainly didn't form a new band in order to do the same old thing,

their departure from overtly political commentary is disappointing in a world that could sorely use some rock-fueled editorializing.

"Revelations" does take a couple of shots at warmongers, but most of the struggles portrayed are internal. The album puts it across in more focused, less frilly fashion than its predecessor, "Out of Exile," mounting a rugged, soaring attack behind Tom Morello's guitar that evokes the blues-rock splendor of Paul Rodgers' late-1960s band Free.

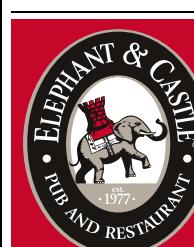
It's not without its rewards, but with its pedigree, Audioslave should be doing more than spinning its wheels. RICHARD

CROMELIN (LOS ANGELES TIMES)



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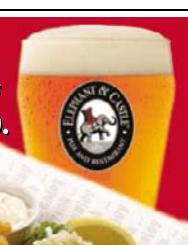
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Entertainment

Uneasy Target

New documentary-style film portrays Bush's assassination

WHAT IF? A new film mixing archival footage and computer-generated special effects to portray the assassination of President Bush will premiere Sept. 10 at the Toronto Film Festival — and is already creating controversy.

British filmmaker Gabriel Range said "Death of a President" — which is done in a documentary style that has been described as eerily real — is intended to be a thought-provoking critique of the current political landscape.

"It's a striking premise," Range said in a statement. "But it's a serious film which I hope will open up the debate on where current U.S. foreign and domestic policies are taking us."

In the film, Bush prepares to deliver a speech to business leaders in Chicago, where he is confronted by a massive antiwar demonstration. Unperturbed, Bush goes ahead with the visit, but as he leaves the venue, he is gunned down by a sniper. While the nation mourns,



FINAL MOMENTS: "Death," expected to air on TV soon in the U.K., is a British team's third pseudo-documentary about the consequences of horrific events.

the hunt for his killer — a Syrian-born gunman — swings into action. Range said he reviewed hundreds of hours of footage of Bush to make the film as realistic as possible.

A call to the White House for comment was not returned. Festival officials were unavailable for comment Thursday, but festival director Noah Cowan praised the film in a posting on the festival's Web site:

"This is easily the most dangerous and breathtakingly original film I have encountered this year."

And it may be the year's most hotly debated film as well: The public relations firm representing the movie has been flooded with calls from media around the globe, and blogs are already lighting up with debate about the subject matter.

TINA DAUNT (LOS ANGELES TIMES)

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CRANK (R) - ID REQ'D DIG (1200 215 435) 720 940
CROSSOVER (PG-13) DIG (1235 330) 630 730 915 1020
OC: INVINCIBLE (PG) DIG (245) 1040
THE QUIET (R) - ID REQ'D DIG (1205 230 505) 735 1000
BEERFEST (R) - ID REQ'D DIG (1215 455) 730 1005
IDLEWILD (R) - ID REQ'D DIG (405) 700 1000
THE ILLUSIONIST (PG-13) DIG (220 500) 740 1020
TRUST THE MAN (R) - ID REQ'D DIG 945
ACCEPTED (PG-13) DIG (420) 645 910
SNAKES ON A PLANE (R) - ID REQ'D DIG (235 510) 755 1030
STEP UP (PG-13) DIG (205 440) 710
BARNYARD (PG) DIG (225 450) 705
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (325) 650 1015
THE DEVIL WEARS PRADA (PG-13) DIG (150 435) 715 950
AN INCONVENIENT TRUTH (PG) DIG 930

BOWIE STADIUM 14 15200 Major Lansdale Blvd 800-FANDANGO 454#

THE WICKER MAN (PG-13) DIG (1230 245 515) 745 1030
CRANK (R) - ID REQ'D DIG (101 315 530) 800 1035
CROSSOVER (PG-13) DIG (1245 230 315 500 545) 730 815 1015
HOW TO EAT FRIED WORMS (PG) DIG (200 430) 740 1000
INVINCIBLE (PG) DIG (1152 150 400 515) 645 800 915 1030
BEERFEST (R) - ID REQ'D DIG (145 445) 745 1030
IDLEWILD (R) - ID REQ'D DIG (100 145 345 445) 700 815 1000
ACCEPTED (PG-13) DIG 930
SNAKES ON A PLANE (R) - ID REQ'D DIG (15 400) 645 945
STEP UP (PG-13) DIG (130 430) 730 1000
BARNYARD (PG) DIG (130 400) 630 915
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13)
DIG (1245 330) 630 915

BETHESDA 10 7272 Wisconsin Avenue 800-FANDANGO 569#

THE WICKER MAN (PG-13) DIG (100 330) 720 950
CRANK (R) - ID REQ'D DIG (135 345) 735 945
HOW TO EAT FRIED WORMS (PG) DIG (140 420) 650 900
INVINCIBLE (PG) DIG (120 400) 730 1000
BEERFEST (R) - ID REQ'D DIG (110 415) 655 930
TRUST THE MAN (R) - ID REQ'D DIG (115) 935
ACCEPTED (PG-13) DIG (145) 425 740 1005
SNAKES ON A PLANE (R) - ID REQ'D DIG (400) 700
STEP UP (PG-13) DIG (130 405) 710 1000
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13)
DIG (125 410) 705 940
THE DEVIL WEARS PRADA (PG-13) DIG (125 410) 715 950

POTOMAC YARD STADIUM 16 800-FANDANGO 690#

THE WICKER MAN (PG-13) DIG (255 450 520) 750 935 1005
CROSSOVER (PG-13) DIG (200 230 430 500) 700 730 930 1000
THE WICKER MAN (PG-13) DIG (220 455) 740 1020
INVINCIBLE (PG) DIG (240 515) 750 1025
OC: INVINCIBLE (PG) DIG (430) 925
INVINCIBLE (PG) DIG (210) 650
THE ILLUSIONIST (PG-13) DIG (225 505) 745 1025
IDLEWILD (R) - ID REQ'D DIG (140 355) 435) 720 800 1010
HOW TO EAT FRIED WORMS (PG) DIG (205 425) 640 940
SNAKES ON A PLANE (R) - ID REQ'D DIG (120 405) 645 920
STEP UP (PG-13) DIG (215) 705 905
BEERFEST (R) - ID REQ'D DIG (110 400) 655 940
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (100 440) 805 805

TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (215 510) 755 1030

WORLD TRADE CENTER (PG-13) DIG (115 415) 715 1015
MIAMI VICE (R) - ID REQ'D DIG 900
ACCEPTED (PG-13) DIG (130)

FAIRFAX TOWNE CENTER 10 4110 W Ox Road 800-FANDANGO 670#

THE WICKER MAN (PG-13) DIG (120 200 350 440) 700 740 930 1010
CROSSOVER (PG-13) DIG (110 150 340 435) 650 730 925 1005
INVINCIBLE (PG) DIG (935)
AN INCONVENIENT TRUTH (PG) (100 310 515) 720
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13)
DIG (145 430) 705 745 940 1015
DARKNESS (PG) DIG (115 420 510) 710 950
BEERFEST (R) - ID REQ'D DIG (140 410) 700 950
ACCEPTED (PG-13) DIG (130 410) 725 945
BARNYARD (PG) DIG (120 410) 700 950
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (300) 645 1000

GERMANTOWN STADIUM 14 20000 Century Blvd 800-FANDANGO 455#

THE WICKER MAN (PG-13) DIG (1200 230 500) 745 1030
CRANK (R) - ID REQ'D DIG (1230 250 500) 740 1030
CROSSOVER (PG-13) DIG (100 440) 720 1010
LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (115 430) 715 1020
MONSTER HOUSE (PG-13) DIG (120 320 245 520) 730 1015
HOW TO EAT FRIED WORMS (PG) DIG (1210 220 450) 715 1015
BEERFEST (R) - ID REQ'D DIG (120 420) 720 1010
IDLEWILD (R) - ID REQ'D DIG (100 440) 740 1040
ACCEPTED (PG-13) DIG 945
SNAKES ON A PLANE (R) - ID REQ'D DIG (1245 400) 730 1015
STEP UP (PG-13) DIG (115 415) 710 1020
BARNYARD (PG) DIG (115 400) 720 1020
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13)
DIG (1220 330) 700 950
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (115 320) 645 1010

UA SNOWDEN SQ STADIUM 14 9161 Commerce Ctr Dr 800-FANDANGO 570#

THE WICKER MAN (PG-13) DIG (130 415) 745 1020
CRANK (R) - ID REQ'D DIG (200 445) 800 1025
HOW TO EAT FRIED WORMS (PG) DIG (200 445) 815 1035
INVINCIBLE (PG) DIG (130 415) 730 1000
IDLEWILD (R) - ID REQ'D DIG (100 345) 700 935
THE ILLUSIONIST (PG-13) DIG (1245 330) 700 945
ON SNAKES ON A PLANE (R) - ID REQ'D DIG (100 345) 715 1010
TRUST THE MAN (R) - ID REQ'D DIG (430) 915 1015
ACCEPTED (PG-13) DIG (145 430) 800 1020
SNAKES ON A PLANE (R) - ID REQ'D DIG (145) 745 1030

UA SNOWDEN SQ STADIUM 14 9161 Commerce Ctr Dr 800-FANDANGO 570#

THE WICKER MAN (PG-13) DIG (130 415) 745 1020
CRANK (R) - ID REQ'D DIG (200 445) 800 1025
HOW TO EAT FRIED WORMS (PG) DIG (200 445) 815 1035
INVINCIBLE (PG) DIG (130 415) 730 1000
IDLEWILD (R) - ID REQ'D DIG (100 345) 700 935
THE ILLUSIONIST (PG-13) DIG (1245 330) 700 945
ON SNAKES ON A PLANE (R) - ID REQ'D DIG (100 345) 715 1010
TRUST THE MAN (R) - ID REQ'D DIG (430) 915 1015
ACCEPTED (PG-13) DIG (145 430) 800 1020
SNAKES ON A PLANE (R) - ID REQ'D DIG (145) 745 1030

WORLD TRADE CENTER (PG-13) DIG (1230 320) 630 920

MONSTER HOUSE DIGITAL 3D: \$1.50 FOR 3D (PG) DIG (115 330) 130 350 630

TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13) DIG (115 330) 715 945

LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (115 400) 730 1000

PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (120 320) 640 955

AN INCONVENIENT TRUTH (PG) DIG 900

Rockville Center Stadium 13 Rockville Towne Center 800-FANDANGO 248#

Free Theatre Parking- Monroe Street Garage Weeknights after 6 PM- all day Saturday/Sunday

MANASSAS STADIUM 14 41380 Bullock Drive 800-FANDANGO 459#

THE WICKER MAN (PG-13) DIG (1130 215 450) 730 1005

CRANK (R) - ID REQ'D DIG (1135 155 410) 745 955

CROSSOVER (PG-13) DIG (1150 225 445) 740 1000

HOW TO EAT FRIED WORMS (PG) DIG (1150 205 420) 705

INVINCIBLE (PG) DIG (1140 220 455) 725 1010

IDLEWILD (R) - ID REQ'D DIG (1255 330) 645 940

THE ILLUSIONIST (PG-13) DIG (1235 340) 650 940

ON SNAKES ON A PLANE (R) - ID REQ'D DIG (1120 200 440) 720 1015

ACCEPTED (PG-13) DIG (1210 235 305) 605 1020

STEP UP (PG-13) DIG (1220 235 405) 605 1025

WORLD TRADE CENTER (PG-13) DIG (1230 325 600 935)

BARNYARD (PG) DIG (1220 245 500)

TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG-13)
DIG (1245 330) 710 945

LITTLE MISS SUNSHINE (R) - ID REQ'D DIG (100 400) 755 1025

PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) DIG (1205 320) 635 950

* Pass / Discount Ticket Restrictions Apply

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Times For 9/06

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AMC HOFFMANN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria

703-998-4444

CRANK (R) ✓ 1:20, 3:20, 5:50, 8:15, 10:35
CROSSOVER (PG13) ✓ 12:00, 1:40, 2:35, 4:10, 5:00, 6:45, 7:45, 9:10, 10:15
THE WICKER MAN (PG13) ✓ 1:25, 4:10, 7:00, 9:50
BEERFEST (R) 2:20, 5:10, 8:10, 9:35
HOW TO EAT FRIED WORMS (PG) 1:10, 3:35, 5:55, 8:20
IDLEWILD (R) 1:30, 4:30, 7:30, 10:30
INVINCIBLE (PG) 12:20, 1:45, 2:45, 4:15, 5:15, 7:00, 8:00, 9:45, 10:45
ACCEPTED (PG13) 2:15, 4:45, 7:15, 9:50
MATERIAL GIRLS (PG) 2:00, 4:25
SNAKES ON A PLANE (R) 12:10, 2:40, 5:10, 6:50, 7:40, 9:25, 10:10
PULSE (PG13) 2:10, 4:40
STEP UP (PG13) 2:15, 4:55, 7:40, 10:15
WORLD TRADE CENTER (PG13) 1:35, 4:35, 7:35, 10:40
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 12:30, 2:50, 5:05, 7:20
THE DESCENT (R) 7:05, 9:40
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 1:55, 4:30, 7:10, 9:45
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:05, 3:25, 6:45, 10:10

AMC SELECT

THE ILLUSIONIST (PG13) ✓ 2:05, 4:50, 7:25, 10:05
TRUST THE MAN (R) 4:40 PM
IDLEWILD (R) 2:30, 5:30, 8:30
LITTLE MISS SUNSHINE (R) 1:45, 4:20, 6:55, 9:30

AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road
703-971-3991

CRANK (R) ✓ 1:40, 3:45, 6:00, 8:30
CROSSOVER (PG13) ✓ 1:50, 4:15, 6:30, 8:45
THE WICKER MAN (PG13) ✓ 2:00, 4:45, 8:15
BEERFEST (R) 8:15
HOW TO EAT FRIED WORMS (PG) 4:50, 7:45
INVINCIBLE (PG) 1:30, 4:30, 6:00
ACCEPTED (PG13) 8:45
MATERIAL GIRLS (PG) 5:00
SNAKES ON A PLANE (R) 5:20, 8:30
STEP UP (PG13) 5:10, 8:00
WORLD TRADE CENTER (PG13) 4:30, 7:30
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 4:40

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

THE WICKER MAN (PG13) ✓ 3:00, 5:20, 7:40, 10:00
HOW TO EAT FRIED WORMS (PG) 2:00, 4:00, 6:00, 8:00, 10:00
ACCEPTED (PG13) 2:45, 5:10, 7:20, 9:40
MATERIAL GIRLS (PG) 2:15, 4:35
STEP UP (PG13) 7:10, 9:30
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 2:35, 5:00, 7:30, 9:55
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 2:35, 5:00, 7:30, 9:55

AMC SELECT

TRUST THE MAN (R) 2:25, 4:45, 7:00, 9:20
IDLEWILD (R) 2:00, 4:45, 7:20, 9:55

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

REEL MOMS
THE ILLUSIONIST (PG13) ✓ 11:00 AM
CRANK (R) ✓ 1:15, 3:45, 5:40, 7:50, 10:05
CROSSOVER (PG13) ✓ 2:15, 4:45, 7:25, 10:00
THE WICKER MAN (PG13) ✓ 1:45, 4:15, 7:15, 9:45
BEERFEST (R) 4:10, 7:05, 9:40
INVINCIBLE (PG) 12:00, 2:25, 4:55, 7:30, 10:05
ACCEPTED (PG13) 1:30
SNAKES ON A PLANE (R) 1:35, 4:10, 6:45, 9:20
STEP UP (PG13) 2:45, 8:15
WORLD TRADE CENTER (PG13) 1:50, 4:50, 7:45, 10:50
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 1:40, 4:30, 7:10, 9:50
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 5:05, 10:35

AMC SELECT

THE ILLUSIONIST (PG13) 2:40, 5:00, 10:45
TRUST THE MAN (R) 2:25, 5:00, 7:35, 10:10
IDLEWILD (R) 2:30, 5:15, 8:10, 10:45
LITTLE MISS SUNSHINE (R) 12:30, 1:55, 3:05, 4:25, 5:35, 7:00, 8:15, 9:35, 10:40

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
202-333-3456

WORLD TRADE CENTER (PG13) 1:00, 4:00, 7:00, 10:00

✓ SPECIAL ENGAGEMENT No passes or discount coupons

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

CRANK (R) ✓ 12:15, 2:30, 4:50, 7:05, 9:20
CROSSOVER (PG13) ✓ 12:05, 1:30, 2:35, 4:00, 5:00, 6:30, 7:30, 9:00, 9:45
THE WICKER MAN (PG13) ✓ 1:35, 4:05, 6:25, 9:05
BEERFEST (R) 1:50, 4:25, 7:00, 9:35
HOW TO EAT FRIED WORMS (PG) 2:15, 4:35, 6:50, 9:25
INVINCIBLE (PG) 1:20, 4:10, 6:40, 9:10
ACCEPTED (PG13) 12:30, 2:55, 5:15, 7:45, 10:00
MATERIAL GIRLS (PG) 12:35, 3:00, 5:25
SNAKES ON A PLANE (R) 12:20, 2:40, 5:05, 7:40, 10:05
PULSE (PG13) 1:45, 4:20
STEP UP (PG13) 1:45, 4:20, 6:45, 9:15
WORLD TRADE CENTER (PG13) 12:45, 3:40, 6:35, 9:40
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 12:30, 3:10, 5:30, 7:55
THE DESCENT (R) 10:20 PM
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 1:55, 4:30, 7:10, 9:45
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:00, 3:20, 6:15, 9:30

AMC SELECT

THE ILLUSIONIST (PG13) ✓ 2:20, 4:55, 7:35, 10:10
IDLEWILD (R) 1:25, 4:15, 7:15, 9:15
LITTLE MISS SUNSHINE (R) 2:00, 4:45, 7:20, 9:50

AMC COLUMBIA MALL 14

10301 Patuxent Parkway
410-423-0520

CRANK (R) 12:45, 2:45, 5:05, 7:10, 9:20
CROSSOVER (PG13) 1:15, 3:35, 5:50, 8:20, 10:30
THE WICKER MAN (PG13) 12:50, 3:10, 5:35, 8:00, 10:25
BEERFEST (R) 2:15, 5:20, 7:50, 10:20
HOW TO EAT FRIED WORMS (PG) 4:25, 9:45
INVINCIBLE (PG) 1:50, 4:35, 7:05, 9:25
ACCEPTED (PG13) 4:05, 6:15, 8:25, 10:35
MATERIAL GIRLS (PG) 1:40
SNAKES ON A PLANE (R) 12:55, 3:20, 5:45, 8:05, 10:35
STEP UP (PG13) 1:20, 5:10, 7:35, 10:05
WORLD TRADE CENTER (PG13) 4:15, 7:05, 9:55
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 1:55, 3:30
THE DESCENT (R) 7:10

AMC SELECT

THE ILLUSIONIST (PG13) 2:35, 5:15, 7:45, 10:15
IDLEWILD (R) 1:45, 4:40, 7:20, 10:00
LITTLE MISS SUNSHINE (R) 2:20, 5:00, 7:30, 9:50

LOEWS FAIRFAX SQUARE 8

8065 Leesburg Pike
703-506-9857 802

TRUST THE MAN (R) 4:30, 7:00
THE QUIET (R) ✓ 5:45, 8:00
MATERIAL GIRLS (PG) 5:00, 7:10
ZOOM (PG) 5:15
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 5:30, 7:45
THE DESCENT (R) 7:35
SCOOP (PG13) 7:40
THE DEVIL WEARS PRADA (PG13) 4:45
SUPERMAN RETURNS (PG) 4:15
AN INCONVENIENT TRUTH (PG) 2:00
POKIRI (NR-NOT RATED) 4:00, 7:30

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220

CRANK (R) 2:15, 4:45, 7:15, 9:45
CROSSOVER (PG13) 12:30, 2:00, 3:00, 4:30, 5:30, 7:00, 8:00, 9:30, 10:15
THE WICKER MAN (PG13) 2:20, 4:50, 7:20, 9:50
BEERFEST (R) 7:40, 10:10
INVINCIBLE (PG) 2:25, 4:55, 7:25, 9:55
ACCEPTED (PG13) 1:05, 3:25, 5:40, 8:05, 10:15
SNAKES ON A PLANE (R) 4:40, 9:40
PULSE (PG13) 2:10, 7:10
STEP UP (PG13) 2:50, 5:25, 7:55, 10:20
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 1:00, 3:15, 5:30
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 2:45, 5:15, 7:45, 10:20

AMC SELECT

IDLEWILD (R) 1:10, 2:30, 4:00, 5:05, 6:50, 7:50, 9:35, 10:25

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

HALF NELSON (R) 1:40, 4:50, 7:20, 9:40

AMC SELECT

TRUST THE MAN (R) 7:00
THE QUIET (R) 2:00, 5:00, 7:50, 9:50
FACTOTUM (R) 1:50, 4:20, 7:40, 10:00
THE BOYNTOON BEACH CLUB (NR-NOT RATED) 1:30, 4:10, 7:30, 9:50
QUINCEANERA (R) 2:10, 4:20, 7:00, 9:10
SCOOP (PG13) 9:20 PM
LITTLE MISS SUNSHINE (R) 1:20, 4:30, 7:10, 9:30
AN INCONVENIENT TRUTH (PG) 1:00, 3:50

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

CRANK (R) ✓ 12:50, 3:20, 4:25, 5:45, 7:00, 8:15, 9:30, 10:35
CROSSOVER (PG13) ✓ 1:05, 3:25, 5:50, 8:10, 10:30
THE WICKER MAN (PG13) ✓ 12:00, 1:10, 2:25, 3:40, 5:05, 6:15, 7:30, 8:50, 10:05
BEERFEST (R) 12:15, 2:50, 5:25, 8:00, 10:30
HOW TO EAT FRIED WORMS (PG) 12:05, 2:15
INVINCIBLE (PG) 12:30, 2:55, 5:20, 7:50, 10:15
ACCEPTED (PG13) 1:25, 3:15, 5:35, 8:05, 10:25
SNAKES ON A PLANE (R) 12:25, 3:00, 5:30, 7:55, 10:20
STEP UP (PG13) 1:20, 2:20, 4:40, 7:10, 9:15
WORLD TRADE CENTER (PG13) 1:20, 4:20, 7:10, 9:15
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 2:00, 5:10, 7:40
BOBBY (PG13) 12:00, 2:35, 5:10, 7:40
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 12:10, 3:10, 6:10, 9:10

AMC SELECT

THE ILLUSIONIST (PG13) ✓ 4:05, 7:05, 9:40
IDLEWILD (R) 1:15, 4:15, 7:15, 9:55
LITTLE MISS SUNSHINE (R) 12:05, 2:30, 4:55, 7:25, 9:50

AMC RIVERTOWNE 12

Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4444

CRANK (R) ✓ 5:40, 8:00
CROSSOVER (PG13) ✓ 4:30, 5:30, 7:30, 8:30
THE WICKER MAN (PG13) ✓ 5:00, 7:45
BEERFEST (R) 7:00
INVINCIBLE (PG) 5:50, 8:20
ACCEPTED (PG13) 4:50, 7:20
MATERIAL GIRLS (PG) 4:10
SNAKES ON A PLANE (R) 4:45, 8:15
PULSE (PG13) 5:10, 7:40
STEP UP (PG13) 5:20, 7:50
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 4:40
THE DESCENT (R) 7:10

AMC SELECT

IDLEWILD (R) 5:15, 8:10
THE ILLUSIONIST (PG13) 5:15, 8:10

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4446

CRANK (R) ✓ 3:30, 5:40, 8:05
CROSSOVER (PG13) ✓ 2:30, 4:45, 7:00
HOW TO EAT FRIED WORMS (PG) 2:15, 4:20, 6:30
INVINCIBLE (PG) 3:00, 5:30, 8:30
WORLD TRADE CENTER (PG13) 2:00, 5:00, 8:00
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 2:45, 5:15, 7:45

AMC SELECT

LITTLE MISS SUNSHINE (R) 3:15, 4:15, 5:45, 6:45, 8:15
AMC COUNTRY CLUB MALL 6

Country Club Mall on Vockey Rd near Route 68.
301-729-6633

CRANK (R) ✓ 5:15, 8:05
BEERFEST (R) 5:35, 8:05
INVINCIBLE (PG) 5:25, 7:45
ACCEPTED (PG13) 5:35, 7:45
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 5:55, 8:15
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 5:45, 8:15
TALLADEGA NIGHTS: THE BALLAD OF RICKY BOBBY (PG13) 5:45, 8:15

LOEWS WISCONSIN AVE. 6

4000 Wisconsin Avenue, N.W.
202-244-0880

CRANK (R) ✓ 2:55, 5:10, 7:20
BEERFEST (R) 2:45, 5:30, 7:00, 8:00
INVINCIBLE (PG) 2:20, 4:40, 7:10
SNAKES ON A PLANE (R) 2:30, 5:00, 7:40
BARNYARD: THE ORIGINAL PARTY ANIMALS (PG) 2:40, 4:50
PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG13) 4:10, 7:30

LOEWS DUPONT 5

1350 19th St.
202-333-3456

THE DEVIL WEARS PRADA (PG13) 4:45, 7:20
AMC SELECT

THE BOYNTOON BEACH CLUB (NR-NOT RATED) 4:30, 7:00
QUINCEANERA (R) 5:30, 7:45
A SCANNER DARKLY (R) 7:10
SCOOP (PG13) 5:10
THE CELESTINE PROPHECY (PG) 5:00, 7:30

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THE WICKER MAN (PG13) 2:00, 4:30, 7:15
INVINCIBLE (PG) 2:30, 4:50, 7:25
ACCEPTED (PG13) 2:20, 4:35, 7:10
THE DEVIL WEARS PRADA (PG13) 2:15, 4:45, 7:05
AMC SELECT

TRUST THE MAN (R) 2:05, 4:20, 7:00

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Our physicians are conducting a research study of the investigational use of approved medications, used in combination, to see if they effectively lower blood pressure. Adults with high blood pressure who have never experienced heart failure, heart attack or

Television



HEY, IT'S FREE PUBLICITY: ABC wanted to take one of its top-rated shows to the people, but not like this. The network is steaming over a steamy sex scene from the new season of "Desperate Housewives," a rough cut of which was leaked to YouTube.

The Cane Mutiny

A new season of
tough cases — some
even involve patients

RETURN | There's nothing like getting shot to brighten up a man's demeanor. Remember Tony Soprano getting all mushy and life's-a-gift after glimpsing the Other Side? On tonight's third-season premiere of "House" (9 p.m., Fox), the dour doctor recuperates from the gunshot that ended last season, and he has a new attitude — he's crankier than ever.

This time, he has three cases, as usual: A paralyzed man who



DR. LOVE: House looks as grumpy as ever, but something seems to be missing.

had brain cancer some years ago rides his wheelchair into the family pool; a young woman becomes paralyzed during a yoga class; and House himself is at war with Cuddy over his treatment. He may still be hallucinating, as well.

Is the yoga girl a big faker? Will brain-cancer guy walk again? Will House be able to tap-dance? Is Cuddy preggers? Will Dr. Cameron give up on her Housecrush and pick on someone her own emotional size? Will Wilson be on the show a little more, exasperatedly keeping House in line? Will Foreman finally clock House in the mouth? Will Chase get a damn haircut? For a show that seems to have been smugly buying its own press for a season or so, "House" is still a watchable hour of fine TV. ARION BERGER (EXPRESS)

ON TV TONIGHT

WE'RE HOT, AND WE'RE ARMED

STANOFF (9 p.m., Fox) Ron Livingston plays Matt Flannery, a top hostage negotiator for the FBI's Crisis Negotiation Unit who's in over his head in an affair with his partner, Emily Lehman (Rosemarie DeWitt). This being TV, the CNU looks like it was staffed by a modeling agency.

DON'T EAT FIRST

NIP/TUCK (10 p.m., FX) enters its fourth season.

MY NETWORK, WITH BUBBLES

MY NETWORK, WITH BUBBLES
When the CW network combined affiliates from UPN and the WB, a few local stations were left unattached. Many of these have been corralled into MyNetwork, which launches today with the soap-opera-style dramas **DESIRE**.



WOMEN POWER: The ladies stand strong in Almodóvar's "All About My Mother."

(8 p.m.) and **FASHION HOUSE** (9 p.m.), starring Morgan Fairchild and Bo Derek.

CULT CHOICE

SOUL CHOICE
Friends help a woman cope with her son's death in Pedro Almodovar's drama **ALL**
ABOUT MY MOTHER (9 p.m., IFC). KEVIN
MCDONOUGH (UNITED FEATURE SYNDICATE)

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Travel

Great Lakes cruises bring scenery, luxury inland to industry

A massive freighter towers over the Grande Mariner as the 183-foot-long cruise boat slips past the Detroit skyline en route to Mackinac Island.

By the time the Grande Mariner and its 65 passengers reach Chicago four days after seeing Detroit, they will have traveled through the Erie Canal and four of the five Great Lakes.

It's a journey of contrasts, with stops in reviving Rust Belt cities and quaint tourist towns, passing heavily industrialized stretches of the Detroit River and miles of unspoiled coastline.

The route is rich in history and natural beauty. And the trip is one of dozens of multi-day vacation cruises planned this year for the Great Lakes, from weeklong Lake Michigan coast excursions to fall leaf-peeping tours that stretch into the far northwest reaches of Lake Superior.

"It's just beautiful travel and beautiful scenery," said Roy Keith,

the Grande Mariner's captain, who for the last decade has taken cruise ships onto the Great Lakes.

Largely dormant since the 1960s as international air travel and tropical cruises increased in popularity and affordability, the Great Lakes cruise tradition began a revival in the mid-1990s.

For travelers accustomed to the massive cruise ships of the Caribbean and Mediterranean, the Great Lakes boats are modest. The pace is easygoing, passengers get to know the crew on a first-name

INSIDE

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ALL ABOARD: The Grande Mariner ship cruises on the Detroit River next to the city's skyline en route to Mackinac Island.

No Place Like Port

basis and the scenery is much of the attraction.

"When you travel by car, you've got to find those hot spots," says Ryan McMullen, cruise director on the Grande Mariner. "When you travel by water, you just have to sit back and watch those hot spots come by."

The trip on the Grande Mariner, which is owned by American Canadian Caribbean Cruise Line Inc. and can hold up to 100 pas-

sengers, began in the company's Warren, R.I., home port. The boat passed by New York City and traveled up the Hudson River, heading through the Erie Canal and stopping in cities along the way.

After visiting Buffalo and Rochester, N.Y., it headed to Cleveland before stopping in the Detroit suburb of Wyandotte. Since the Grande Mariner is so small, it can squeeze through the Erie Canal and dock in smaller com-

munities like Wyandotte. Cost varies by cabin size, with prices for the 16-day trip ranging from \$2,785 to \$3,840.

The Grande Mariner spends the summer in Lake Michigan before returning to its home port for fall-color tours on the Erie Canal.

Tour options on different lines vary widely. Smaller boats carry up to 18 passengers on cruises that skirt Lake Ontario. And the MV Columbus — a 423-passen-

ger ship designed especially for the Great Lakes — offers 11-day cruises between Toronto and Chicago that spend time in all five Great Lakes during prime fall-color season.

More than a half-dozen ships have cruises scheduled for this year. The Great Lakes Cruising Coalition said it would like to see about 60 of the about 130 cruise boats that can get to the Great Lakes via the St. Lawrence Seaway offer tours.

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I, Robot Sommelier

Electronics

Japan's winebot can 'taste' wine, cheese and hors d'oeuvres

The ability to discern good wine from bad, name the specific brand from a tiny sip and recommend a complementary cheese would seem to be about as human a skill as there is.

In Japan, robots are doing it.

Researchers at NEC System Technologies and Mie University have designed a robot that can taste — an electromechanical sommelier able to identify dozens of different wines, cheeses and hors d'oeuvres.

"There are all kinds of robots out there doing many different things," said Hideo Shimazu, director of the NEC System Technology Research Laboratory and a joint leader of the robot project. "But we decided to focus on wine because that seemed like a real challenge."

All foods have a unique fingerprint. The robot uses that data to identify what it is inspecting right there on the spot."

HIDEO SHIMAZU
ROBOT PROJECT CO-LEADER

Last month, they unveiled the fruits of their two-year effort — a green-and-white prototype with eyes, a head that swivels and a mouth that lights up whenever the robot talks.

At the end of the robot's left arm is an infrared spectrometer. When objects are placed up against the sensor, the robot fires off a beam of infrared light. The reflected light is then analyzed in real time to determine the object's chemical composition.

"All foods have a unique fingerprint," Shimazu said. "The robot uses that data to identify



SHIZUOKANBAYASHI/AP

The winebot "tastes" using the infrared spectrometer at the base of its left arm.

what it is inspecting right there on the spot."

When it has identified a wine, the robot speaks up in a childlike voice. It names the brand and adds a comment or two about the taste,

such as whether it is a buttery chardonnay or a full-bodied shiraz, and what kinds of foods might go well on the side.

Shimazu said the robots could be "personalized," or programmed

to recognize the kinds of wines its owner prefers and recommend new varieties to fit its owner's taste. Because it is analyzing the chemical composition of the wine or food placed before it, the robot can also alert its owner to possible health issues, gently warning against fatty or salty products.

That capability has other useful applications. Given three ripe, identical-looking apples to analyze, the robot was able to correctly single out one as sweet and the other two as a bit sour.

Of the thousands of wines on the market, the robot can be programmed to accurately identify only a few dozen at most. Some of the mistakes it makes would get a human sommelier fired.

When a reporter's hand was placed against the robot's taste sensor, it was identified as prosciutto. A cameraman was mistaken for bacon.

The 2-foot-tall robot also is expensive. "Buying one of these would cost about as much as a new car," Shimazu said. "We'd like to bring that down to 100,000 yen (US \$1,000) or less for the tasting sensor, if we were to put it on the market."

He said there is no plan yet to actually market the robot, though the sensor could be available as early as next year. ERIC TALMADGE (AP)

5 Day Forecast for the Washington Area

Today	Tonight
Periods of rain, a thunderstorm	Mostly cloudy, a shower possible
72°	64°

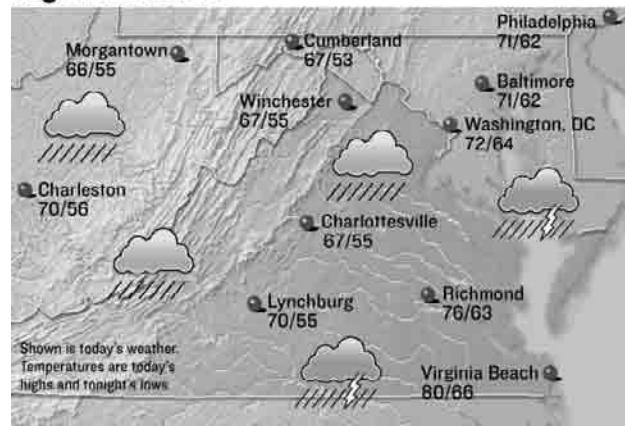
Wednesday
Clearing, a shower possible
76° / 61°

Thursday
Partly sunny, warmer
84° / 64°

Friday
Partly sunny
82° / 66°

Saturday
Partly sunny
84° / 65°

Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	78°
Low	65°
Normal high	83°
Normal low	65°
Average humidity	57%

Precipitation

24 hours ending 4 p.m.	Trace
Month to date	2.71"
Normal month to date	0.48"
Year to date	32.39"
Last year to date	29.60"
Normal year to date	26.74"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

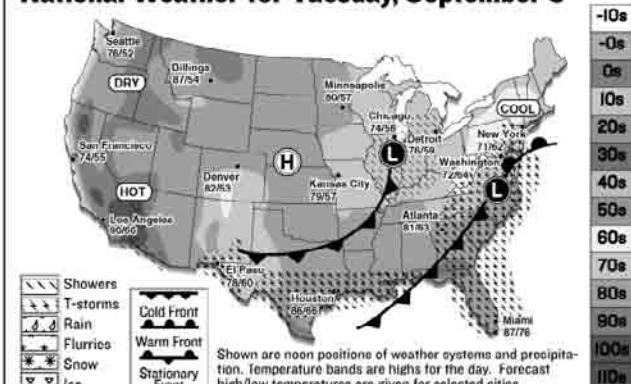
D.C. Metro: Today, cloudy, periods of rain, a thunderstorm, cooler, humid. High 72. Wind north-northeast 7-14 mph.

Sun and Moon

Sunrise today	6:40 a.m.
Sunset tonight	7:33 p.m.
Moonrise today	6:35 p.m.
Moonset today	3:39 a.m.

Full	Last	New	First
Sept 7	Sept 14	Sept 22	Sept 30

National Weather for Tuesday, September 5



National Cities

City	Today Hi/Lo	Wed. Hi/Lo	City	Today Hi/Lo	Wed. Hi/Lo
Atlanta	81/63	84/63	Amsterdam	72/58	73/59
Boston	73/60	68/58	Athens	88/68	86/66
Chicago	74/56	78/54	Berlin	68/56	72/57
Dallas	85/63	86/60	Buenos Aires	59/41	61/45
Denver	82/53	83/52	Calgary	84/52	82/53
Honolulu	89/76	86/66	Dublin	70/59	68/55
Los Angeles	90/66	86/66	Geneva	86/58	83/56
Miami	87/76	90/77	Moscow	62/56	62/50
New York City	71/62	74/64	Rome	84/66	86/66
Orlando	88/73	90/75	Sydney	67/54	63/50
Seattle	76/52	76/52	Tokyo	83/74	83/74

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice

Styles

LOOK
out

STEPHEN CHERNIN/AP

THE MYSTERY MEN: Badgley Mischka is no little old Russian lady — it's two guys, Mark Badgley and James Mischka. Above, some looks from their February Fashion Week show.

Dynamic Duo

The rock 'n' roll trench coat in black satin with a beaded skull on the back that closed Badgley Mischka's fashion show last season said it all: The boys were back. That coat announced that designers Mark Badgley and James Mischka were reinvigorating their label with more edge and energy than fans of their glitzy, glamorous evening wear might be accustomed to.

The design duo did, indeed, sit on fashion's sidelines for a few seasons before Iconix Brands infused Badgley Mischka with much-needed cash. Iconix (formerly Candies)

Designing
People

acquired the label in 2004 from Escada, which had decided to pour its money into its own brand.

For Iconix, though, Badgley Mischka is more than a feather in its cap; it's more like the diamond in its ring. Besides Badgley Mischka, Iconix's other brands are mostly oriented to juniors and teens, yet Mischka describes it as "the suitor that was most suitable."

Together they've charted a course of swift but steady growth, including a return to New York Fashion Week, ads featuring the Olsen twins, and branded handbags and

eyewear. A new signature fragrance just arrived in stores, and shoes are planned for spring 2007. This is an effort to court younger shoppers, as well as a more diverse group.

And with their spring collection, to be debuted on the catwalks Sept. 14, there will be a sportswear group for the first time. "There's always a little bit of day wear, but it was special orders, trunk shows and for our socialite friends," Mischka says.

They're also launching a new line called Platinum. It's slightly less expensive than the couture clothes, and includes dresses intended to be worn again, season after season.

The two men, both 45, do that finish-each-other's-sentences thing a lot. They even share a wide desk, sitting across from each other. They were in the same class at Parsons School of Design in Manhattan in the early 1980s. They clicked personally and professionally, noting they had similar taste and style.

They became players in Hollywood, dressing Halle Berry, Jennifer Garner and presidential daughters Jenna and Barbara Bush, among others, over the years.

They also regularly visit stores across the country for trunk shows, accomplishing a twofold goal: First, they say, they never know where they'll spot an incredibly chic woman as inspiration. And, second, when they show up somewhere in person, it dispels all notions that Badgley Mischka is an old Russian lady who dabbles in fashion. SAMANTHA CRITCHELL (AP)

People



Inheriting the Throne

Lancome's newest spokesmodel is **ELETTRA ROSELLINI WIEDEMANN**, and if she looks familiar, she should: Her mom is international hottie Isabella Rossellini, who represented Lancome for 14 years. Rossellini Junior attends college somewhere in Manhattan, according to the press release, and is majoring in politics, history and economics. Her first ads will appear in Asia at the end of 2006; she'll make her worldwide debut in 2007. KRISTEN PAGE-KIRBY (EXPRESS)

Beauty



Unnaturally Fine

PETER THOMAS ROTH UN-WRINKLE (\$120, Sephora) is sold-your-soul-to-the-devil good. Within days, crow's feet were smoother; in two weeks, they were nearly gone. Deeper lines around the mouth and forehead also decreased, and skin as a whole looked more taut, with an even, healthy tone. If you're not ready for (or can't afford) Botox, shelling out for this may give your face a new lift on life. k.p.k.

Lookout Online

from readexpress.com

Rain Bad. Trader Joe's Good.

GROCERIES | There were about 50 people crowded onto the 25th Street Northwest sidewalk near Pennsylvania Avenue on Friday morning for the opening of the District's first Trader Joe's store, which was punctuated by the sounds of a Hawaiian band and the tapping of raindrops. In a city long denied plentiful grocery options, the debut of this store is a milestone of sorts. One that for many District residents translates to: "I never have to go to Baileys Crossroads ever again."

After the doors flew open, many of the inaugural customers, who seemed to know one another, rushed in and crowded over the store's offerings — in one case, a

bag of avocados.

Also in attendance that morning were representatives of a consumer force that has already made its power known on 25th Street: George Washington University undergrads, some escorted by their parents. "Make sure to come here once a week, Sweets. Promise me that," one mother was overheard saying around lunchtime. Unlike some Trader Joe's locations (We're looking at you, Bethesda), the layout is fairly simple and the aisles are wide.

MICHAEL GRASS AND VICKY HALLETT (EXPRESS)

Tiger Cubs Outdo Pandas

GROCERIES | The public debut of the National Zoo's tiger cubs wasn't totally awash on Saturday.



CHIP SOMODEVILLA/GETTY IMAGES

TAI SHAN WHO? Meet the National Zoo's new tiger cubs, redefining cuteness.

Falling rain didn't keep the public from getting a return on their federal taxes in the form of cute animals at the zoo. Although lingering rain kept things cloudy for much of the weekend, it actually turned out to be really, really nice. The cooler temperatures of the last unofficial weekend of summer were welcome and were a signal that fall is

coming quickly. To track the tiger cuteness during the day, check out the National Zoo's tiger cam at NATIONALZOO.SI.EDU/ANIMALS/

→ Coming Up Today

Labor Day weekend shopping at Ikea is an adventure not for the faint of heart. Not even the thought of Swedish meatballs could cool nerves.

? Poll Center

TODAY'S QUESTION

Do you think 'Croc Hunter' Steve Irwin was reckless?

1. Yes
2. No

FRIDAY'S RESULTS

What should the U.S. do if Iran keeps enriching uranium?

29%	Continue diplomacy
39%	Push for sanctions
23%	Use military force
9%	Nothing

As of 3 p.m. Monday. Not a scientific poll

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRORAIL COMMUTERS VOTED AT READEXPRESS.COM/POLLCENTER.PHP



"The new tenant is expected to be a museum, but nothing is final until we see a signed lease."

GPLIVING.BLOGSPOT.COM HEARS THAT SOMETHING CULTURAL COULD BE MOVING INTO SPACE IN GALLERY PLACE THAT WAS VACATED AFTER BODYSMITH DECIDED NOT TO OPEN UP A FITNESS CENTER - BUT ISN'T PUTTING TOTAL FAITH IN THE RUMORS QUITE YET.

Inner Dorks Released

"Just a few years ago, fantasy football players were basically lumped in with 'Dungeons and Dragons' nerds. Now? Almost everyone has a fantasy team."

THEDCUNIVERSE.BLOGSPOT.COM THINKS PEOPLE WHO WHINE THAT FANTASY FOOTBALL HAS BECOME TOO MAINSTREAM NEED TO ACCEPT THE HOBBY IS HERE TO STAY.

"Republicans want to win elections. They are, therefore, distancing themselves from President Bush."

CIRCUMLOCUTER.BLOGSPOT.COM NOTES THAT MANY GOP CANDIDATES ARE TRYING TO AVOID BEING SEEN AS PARTY LACKEYS.



How Conveeeeinent

"I just find it odd that this capture took place in the midst of Republican scrambling to regain confidence from the American people about the war in Iraq. You just can't trust this administration anymore."

NATIVESON.BLOGSPOT.COM FINDS THE TIMING OF THE CAPTURE OF A TOP AL QAEDA OFFICIAL IN IRAQ TO BE EERILY IN LINE WITH OPPORTUNE WAR SUCCESSES THAT HAVE OCCURRED IN THE PAST.



History in the Remaking

"Some sections were already shut down to prepare for the big rebuild and retrofit. If the new design comes off as planned, it's going to be a kick-ass place two years from now."

TCTHETERRIBLE.BLOGSPOT.COM WENT TO A CROWDED NATIONAL MUSEUM OF AMERICAN HISTORY DURING THE WEEKEND TO SEE THE EXHIBITS BEFORE THEY ARE PUT IN STORAGE FOR THE CLOSING.

Live Online

411 From VMA

Washington Post staff writer JOSE ANTONIO VARGAS was online Friday to talk about MTV's Video Music Awards show at Radio City Music Hall.

Al Gore, rock star. It sounded like he got the biggest ovation of all. What do you make of that?

Now that was interesting. Al Gore, who joked that he wanted to bring sexy back, got a huge ovation after his short lecture on the effects of global warming. As the cliche goes, you could hear a pin drop inside Radio City Music Hall as Gore spoke.

Is this show still relevant?

Please be sure to check out this week's Star, Us Weekly, People, EW, et al, to answer that question. And, as a moment of reflection, let me quote one of my favorite film critics, Anthony Lane: "What exactly is the point of Demi Moore?"

You were there, so tell us: Whose "money maker" looked the best

up close between Beyoncé, J. Lo, Xtina, and Shakira?

I'm biased. I've got a poster of Shakira — the hips, the voice, the fact she speaks more than four languages — on my desk. Does that answer your question?

It's true that Jessica Simpson can't sing. But she is NOT overweight. She lost a lot of weight for "Dukes," and put some of it back on. But my god, you people slam Nicole Richie for being skinny and then slam Jessica Simpson for looking normal!

Amen, amen. This is why I appreciate J. Lo. Bad outfit or not, she's got curves and [is] not afraid of them.

I haven't heard a peep about Jay-Z. Was he there?

He was there all right. One of the highlights of being on the red carpet was seeing how tightly 50 [Cent] embraced LL Cool J before they got interviewed on Extra (or some show like that). I tried listening in to what LL was telling 50, but I couldn't hear a thing, and LL's body guard, who could give the best linebacker for the Patriots a run for his money, was downright scary.



SAY 'CHEESE!' All right, hold that pose ... keep holding ... wait, hold on, haven't taken the picture yet ... almost ... there. That's just enough footage that you shot using the video function to make everyone posing look really, really stupid. Now, send that funny clip to Longawkwardpose.com to share with the rest of us.

TODAY ON LIVE ONLINE: At noon, the Post's Sandy Fernandez fields questions and comments on how Washington weds. | washingtonpost.com/liveonline

Look out People



When a photog is near, Jenn is unable to stop herself from frolicking naked.

EXCUSES

His Bad Energy Caused Her To Leave the Curtains Open

JENNIFER ANISTON has settled a lawsuit regarding topless photos shot last year. Aniston sued Peter Brandt in December, claiming he invaded her privacy by using a telephoto lens to photograph her inside her house. Brandt said he took the photos from a public street about 300 yards away from her home. (AP)

INNOCENT VICTIMS

Buick Caught in Crossfire Of Dueling Porsche Carreras



ELLEN DEGENERES sustained minor injuries Friday from a collision caused by a driver suspected of being drunk on. "She had a little neck and back pain, but it doesn't look like it was anything serious," said Sgt. Ken Buscarino of the Los Angeles police. DeGeneres stopped her 2006 Porsche Carrera at a light, in front of a 2002 Buick Le Sabre. A 2002 Porsche Carrera slammed into the Buick, causing a chain reaction. (AP)



This watch touched the wrist of the Cher!

HYPNOTIZING

Shakira Spellbound by Own Exotic Gyrations

Having enjoyed her Indian-style dance number at the MTV Video Music Awards, SHAKIRA now wants to dance in a Bollywood film, World Entertainment News Network reported. She'll work again with choreographer Farah Kahn, who directed her MTV number.

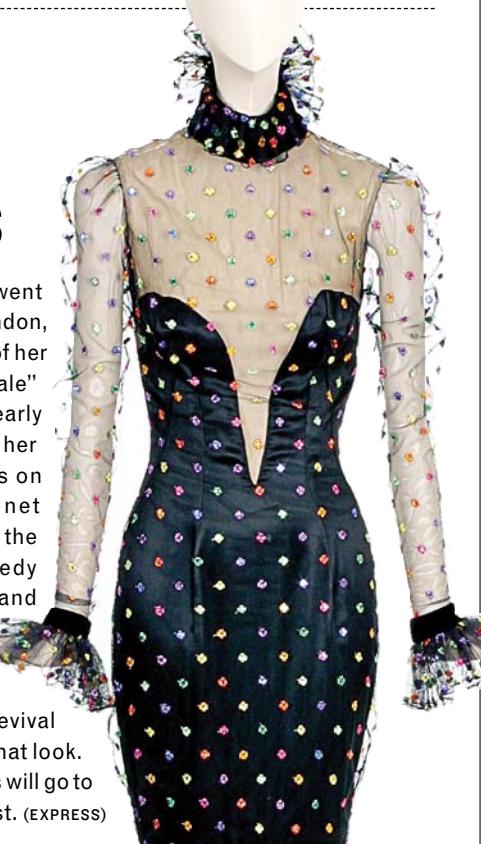
(EXPRESS)



RHYMES

Cher Shares

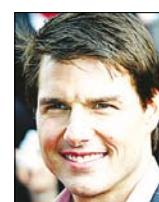
A raft of CHER detritus went on display Monday in London, heralding the approach of her giant October "garage sale" (aka fancy auction) of nearly 800 items expelled from her Malibu home. The items on show include a black net gown, right, worn during the "Sonny and Cher Comedy Hour" on Jan. 16, 1974, and a white gold-and-diamond Cartier Panthere watch, above. Many are in the Gothic revival mode, and Cher is over that look. A portion of the proceeds will go to the Cher Charitable Trust. (EXPRESS)



APOLOGY

'See, I Behaved. Can I Please Have My Job Back Now?'

Brooke Shields says TOM CRUISE apologized for publicly criticizing her use of antidepressants after her first



daughter's birth. Shields says Cruise said he was sorry in person at her house Thursday. "And he apologized for bringing me into the whole thing and for everything that happened," she said Friday. "And through it all, I was so impressed with how heartfelt it was," she added. "I didn't feel at any time that I had to defend myself." (AP)

SPOILED

'London's Courtney Love' Is Spared Discipline, Again

PETE DOHERTY skirted a jail sentence Monday when a judge ordered him to continue rehab and complimented one of his songs. The singer appeared for sentencing on five counts of possessing heroin, cocaine, crack cocaine and cannabis.

District Judge Jane McIvor told Doherty he would not go to jail if he adheres to his rehab program, continues to be employed and commits no other offenses. She also told Doherty his song "The Blinding" is a "good tune." (AP)



BRUNO VINCENT/GETTY IMAGES

He's a jaunty fellow, even when not high.



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LOOK out

Tidy Up the Place
ACROSS

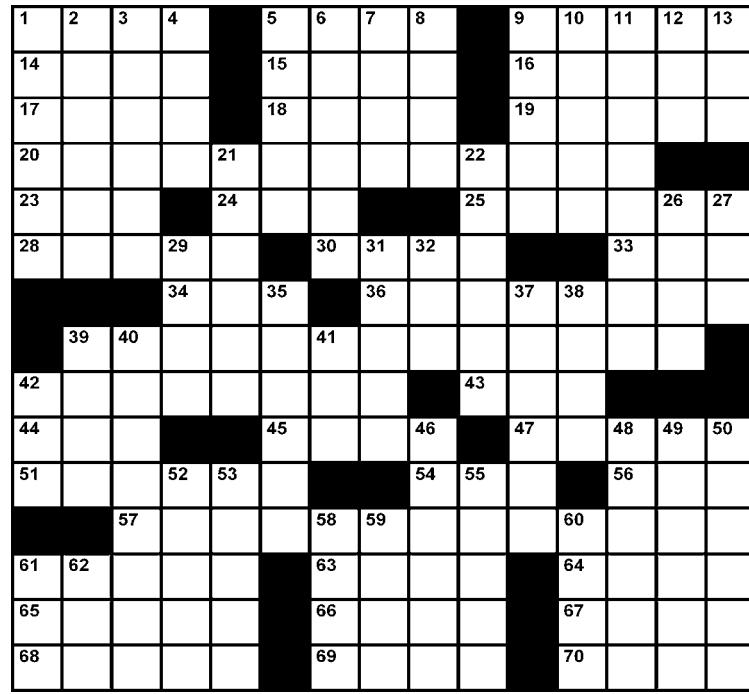
1 Soft mineral
5 Slight fight
9 Be as one
14 Asian housemaid
15 Divine circle
16 Trudges
17 Peaked cap
18 Secret couple, in gossip
19 Haley opus
20 Housekeeping gadget
23 Wildcatter's find
24 Decorative server
25 Catch, as in a net
28 Type of cavity
30 Early church pulpit
33 It's for two, in song
34 1961 Heston role
36 Like some teeth
39 Housekeeping gadget
42 Showed affection, in a way
43 Gun lobby, briefly
44 Bobby of rink fame
45 Revered celebrity
47 Japanese port on Honshu
51 Type of scream
54 Linen vestment
56 Johnny at Vicksburg?
57 Housekeeping gadget

61 Dangerous bacteria
63 Pro follower
64 Port authority?
65 Charles de Gaulle's birthplace
66 Go up the creek without a paddle?
67 Org. with eligibility rules
68 Acquiescent replies
69 Ancient strongbox
70 Ocean liner?

DOWN

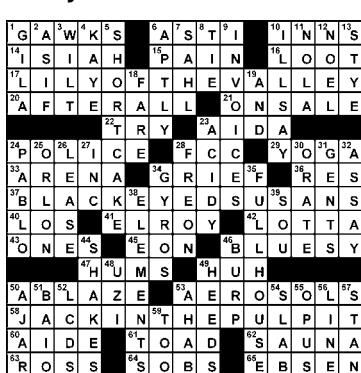
1 Tackle
2 First name in aviation
3 Features of some jackets
4 Stylish
5 Bake eggs in a shallow dish
6 The green stuff on copper

7 He played Obi-Wan
8 Pyramid of Cheops, for one
9 June Cleaver accessory
10 Doom partner
11 Sleeping car feature
12 Time zone letters
13 Certain curve
14 Airport area
15 Danson of sitcoms
16 Unclose again
17 Nostradamus, supposedly



EDITED BY TIMOTHY E. PARKER

27 Possessed plant
29 Ranch unit
31 Perform ineptly
32 Fancy car letters
35 Former Hollywood studio
37 Bacterium requiring oxygen, e.g.
38 Financial pros
39 Singer Vikki
40 Airport area
41 Danson of sitcoms
42 One with a beat?
46 Milky
48 Yellow-flowered

Friday's Solution**Sudoku**

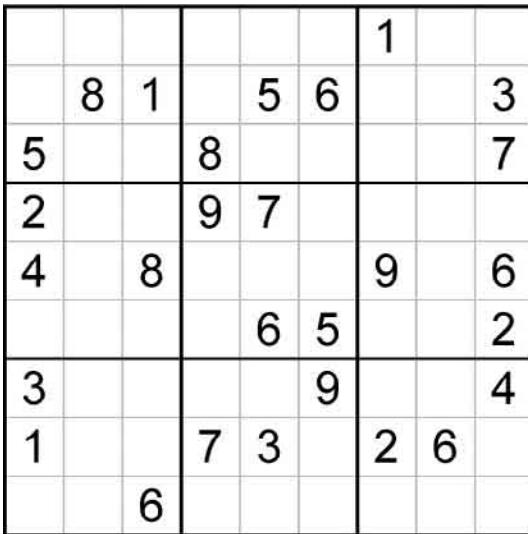
Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Need more Sudoku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

Yesterday's Solution

5	9	2	8	6	4	3	7	1
8	1	7	3	2	5	6	4	9
3	4	6	9	1	7	5	8	2
9	3	5	1	7	8	4	2	6
7	6	8	2	4	9	1	5	3
4	2	1	5	3	6	8	9	7
2	8	3	4	9	1	7	6	5
1	7	4	6	5	2	9	3	8
6	5	9	7	8	3	2	1	4



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JAA RULES

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► **PLUS:** Tone your legs, strengthen your core and become a reel genius of Irish dance | E5

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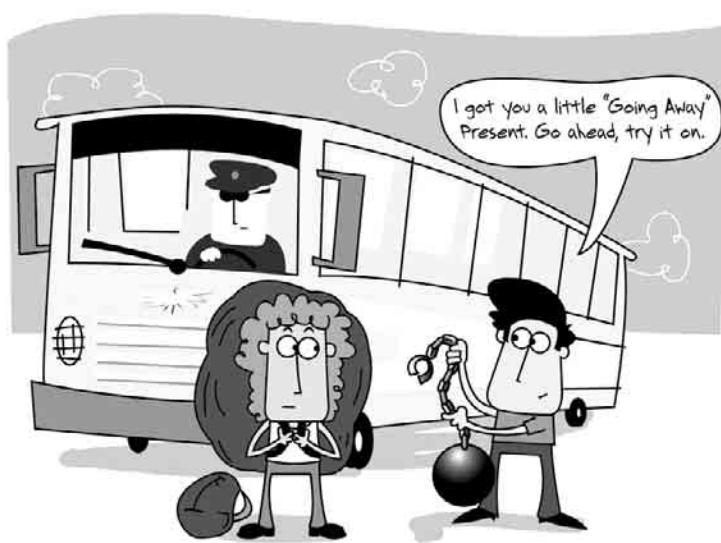
'See You When You Come Crawling Back'

Q My girlfriend and I met in college and have been dating happily for a little more than two and a half years. We've had our fair share of problems, but at the end of the day, we knew we had a special connection. Now she's going off to graduate school and wants to break up. I feel this relates to me being her first boyfriend. How can I show her I'm the one? Should I agree to the breakup in the hope the end result will strengthen our relationship? —DEPRESSED IN D.C.

In a word, yes — as long as by "in the hope" you truly mean just hope, not expectation or assuredness or "I'll lock myself in a closet while listening to nothing but Wilson Phillips if it doesn't happen."

Assuming that the healthiest of relationships satisfy the needs, passions and goals of both people involved then, sadly, your relationship — at least in its current state — has a pretty bad case of the flu. Your affection for her is clear, but she wants freedom: The post-college years are the classic time to explore, rethink one's paths, get those last ill-advised piercings and otherwise shake things up.

Let's say you did beguile her into



ERIC REECE

Your relationship, at least in its current state, has a pretty bad case of the flu.

staying with you. Even beyond the obvious risk of her resenting you or doubting her choice later, what about the other danger — that it will stunt

your own growth? Though I'm sure right now it's nauseating to contemplate, taking time apart is something that will reveal itself years from now — whether you're eating dinner together with your wisecracking teens or happily watching bad futuristic TV with totally different partners — as the best decision you could have made.

Q Is there a cure for a girl who consistently falls for gay guys? —NO, I'M NOT IN DUPONT CIRCLE

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Like any therapist worth her sensible shoes, I'll tell you that the key to your "cure" is to find insight into why you're in this situation. Is it that you're afraid of commitment, so you fixate on unavailable guys? Is it that deep down you feel you're not attractive enough, so you crush after men who will have a purely non-hurtful reason for rejecting you? Or might it just be that you haven't been to enough Monster Truck rallies?

Or this could be a run of bad luck, a mere coincidence, a too-narrow checklist of what's desirable in a mate, a deeper fear of relationships or everything in between. Figure out what you might be afraid of and fight it by opening yourself up to new experiences. And try hard to play against "type" — relationships involve a person and a person, not a person and a list of parameters.

Q How do you gently tell someone they're dating a loser? My friend has been seeing this guy for several months. None of her friends expected them to last this long. He's selfish, rude and ignorant. Plus, we're pretty sure he lied about several small things here and there. She knows this, yet seems to be increasingly in love. We're tired of pretending to be happy for her, but also don't want to hurt her feelings. —ANONYMOUS

There's no easy way to broadcast the "Your boyfriend's a blockhead!" message without doing some damage. Plus, it's not really how great this guy is that matters, but rather how great he is for her.

There's no easy way to broadcast "Your boyfriend's a blockhead!"

Granted, a "lying, rude, selfish ignoramus" doesn't exactly sound like anyone's Prince Charming. But my point is, your friend's guy doesn't need to be the bee's knees to you to be a decent catch for her. Unfortunately, that renders your opinion somewhat irrelevant if it doesn't directly relate to concerns about her well-being.

So, if you have concerns about how his less-than-stellariness is affecting her — she's being manipulated, she's picking up his bad habits — then air them. And if she asks your opinion, you can be honest (but polite). Otherwise, though, you'll have to wait this one out.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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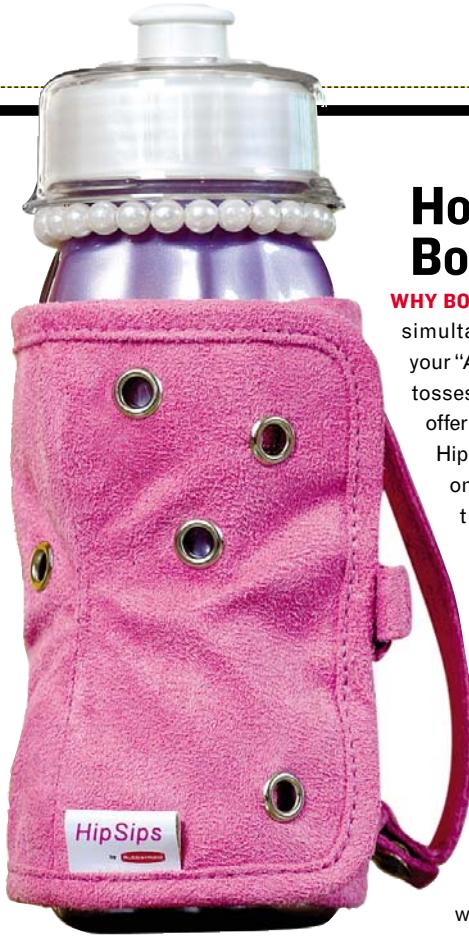
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How to Battle Boring Bottles

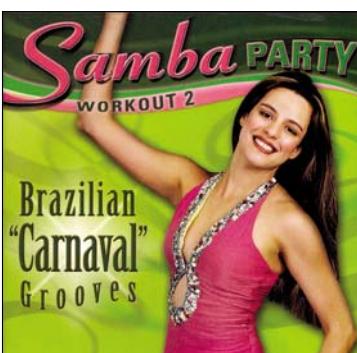
WHY BOTHER HYDRATING if you can't simultaneously accessorize? When your "American Girl"-loving daughter tosses that query in your face, kindly offer a water bottle from Rubbermaid's HipSips line (\$10-\$12, Target). Each one comes with a colorful wrap—the pink suede one pictured is "diva," but you can opt for denim or camo—that holds a photo and a mini change purse. Inside, your darling will find a tiny Sharpie and stick-on rhinestones so she can truly personalize it. To anyone over the age of 11 or with a Y chromosome, they're hideous. But if they get little girls in the habit of drinking their water, well, who cares?



Feed Your Baby, Eat the Leftovers

IN AN EMERGENCY, parents could not only eat, but also enjoy Plum Organics baby food (\$3 to \$4 a box). Infants 6 months and up get sweet potatoes, pears and apples, and "super greens"; those 9 months and up can have five additional flavors. Sadly, babies cannot speak, so we had to ask adults to try Super Greens Multigrain. "It tastes sort of like Indian food"—specifically the spinach dish saag paneer, we were told. It hasn't hit D.C. yet, but sign up at plumorganics.com and they'll let you know when it does.

NEW
IN HEALTH
warm ups



Rhythm Method

CARNAVAL ISN'T HEALTHY, what with the nonstop partying and all. But if you isolate just the dancing, as Vanessa Isaac does for "Brazilian Carnaval Grooves" (\$15), you can get some good cardio. For non-dancers, this workout is a godsend: the moves are painfully easy and there's even an option on the DVD to learn them in slow motion. But regular movers will be bored quickly by the repetition—both of the steps and of the music.



Bring the Dentist Home

THAT ROUND VIBRATING THINGY dental hygienists use to clean teeth is so buzzy, so relaxing. Recreate the experience at home with Oral B's new Vitality rechargeable, battery-powered toothbrush (\$20, drugstores). The Precision Clean model has a circular brush—all you need is a little pot of bubble-gum flavored tooth gunk and it's just like at Dr. Whoever's. The Dual Clean model sports two round heads while the Sonic, pictured, has a rectangular brush that vibrates extra-fast. The gizmo is easy to maneuver, clean and recharge; it was gentle enough not to irritate gums, but ploughed through stubborn cherry juice like it was nothin'.

| PRODUCTS

GuineaPig



Don't Kill the Messenger Bag

BEWARE OVERSTUFFING your kids' backpacks, we're reminded each back-to-school season. But what about all of the papers grown-ups have to lug back and forth from the office? Should we be worried about how we haul our loads?

We asked Dr. Raj Rao, a spokesman for the American Academy of Orthopaedic Surgeons and the director of spine surgery at the Medical College of Wisconsin, who warned that there are 49,000 "luggage-related" injuries each year. His main rule: Be sure to restrict loads to 15 to 20 percent of your body weight. More than that could lead to the doctor's office. As to what conveyance is best, he lauds the rolling bags popular with travelers, and says that backpacks aren't bad if the straps are wide and the heaviest objects are at the bottom. And messenger bags? "It's best to flip it from side to side so both sides get used to the weight." OK, now you can go back to fretting about your kids.

VICKY HALLETT (EXPRESS)

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express

fit | Phys Ed

| THE EXPERTS

TrainReaction

Kicking Off

Q I'm a football defensive lineman and my season is about to start. What are the best training exercises for me and my position?

The power clean, bench press and weighted box jumps are my three favorite exercises for a lineman. Considering that the average football play lasts only about four seconds, a lineman needs to train for total-body power, lower-body explosion and upper-body strength above all else.

The power clean, which trains for total body power, involves taking a weighted barbell from the floor to the shoulders in a series of movements. All together, it should take less than one second. Ask a trainer to show you proper form if you don't know how to do it, or refer to "Essentials of Strength Training and Conditioning" (\$69, Human Kinetics).

The bench press is a great exercise for upper-body strength. The Jammer machine by Hammer Strength provides a similar but better workout than the bench press, as you stand up and support your weight while you do it; find it at sports training facilities.

Box jumps can be done wearing a weighted vest and are an essential component for training a lineman's lower-body explosion.

Matthew Blair Davis, MS, CSCS, PES, is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training. E-mail him at matt@functionalrevolution.com.

VITAL STATS

30

MINUTES FOR THE FIRST SIGNS OF NICOTINE WITHDRAWAL TO APPEAR AFTER SMOKING A CIGARETTE, SAID THE JOURNAL PSYCHOPHARMACOLOGY.

Sweetest Superhero

Thai star Tony Jaa attributes his powers to honey and laughter

Although the world's newest anointed martial arts superstar could kill you with just a few quick movements, Tony Jaa won't do that.

Unless you happen to be stealing his prized elephants, as some evil Aussies do in the movie "The Protector," opening Friday. The 30-year-old Jaa, whose kick-butt mastery first drew international attention with the flick "Ong-Bak: The Thai Warrior," performs all of his own stunts without wires or computer graphics. Express' Vicky Hallett chatted with him (through a translator) to find out how he does it.

What drew you to martial arts?

It was watching films when I was young. I would watch martial arts films and mimic them to show off to my friends. Each time I impressed people, I tried even more.

How much dedication does it take to get this far?

When I was still working as a water boy for my mentors, I was working on stunts on the side. I would get so inspired that I forgot to eat meals. Now I train for eight hours a day.

What does that entail?

I start with stretching a lot. I do calisthenics for speed. Then it's a mix of martial arts, Thai sword fighting, gymnastics and the most complicated steps of Muay Thai.

Which of those is the most critical?

The Muay Thai. It's like a dance and



PETE TANGEN/THE WEINSTEIN COMPANY

can be very meditative. But it keeps my mind free.

What's the coolest stunt you do in the movie?

It has to be a scene in which I use my two knees to knock a guy from

a helicopter. It's called "bird flying into the nest."

How do you not get hurt doing something like that?

It takes a lot of practice. Before any stunt, I practice to make sure

I'm confident and physically fit enough to do it.

Do you eat any miracle foods to boost your strength?

I don't have any particular food, just the five usual food groups, but I prefer Thai food. Before practice, I like to take hot water with honey. It

"I will tell each part of my body that it's fine. And I like to laugh."

warms me up to prepare for the day. And there are raw herbs that I believe give me energy. It's an herbal remedy recipe that my father also does. It gives you the energy to fly. It's not so much about what I eat. My power comes from my meditation.

Any moves you recommend?

Sit with your arms extended in front of your chest. Slowly tighten the muscles and then slowly release them. As you are tightening, breathe in. Slowly release and breathe out. Do this in the morning about 10 times. It's a form of meditation, especially when I'm tense and tired. It gives me new energy.

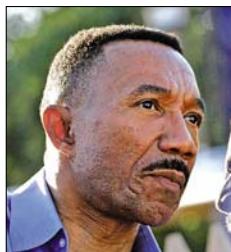
How else do you meditate during your warm-up?

Whenever I have time, I will tell each part of my body that it's fine. I'll say, "Today, foot, you are doing well." And I like to look in the mirror and laugh.

running for Senate

■ Former Rep. Kweisi Mfume

THE THIN AND WIRY former president of the NAACP has never had to worry much about his girth. "My height matches my weight," said Mfume, who's been on the campaign trail for 18 months hoping to snag the Democratic slot in the primary for Maryland Sen. Paul Sarbanes' seat. But even Mfume has found that days of meeting and greeting can take a toll on his health if he isn't careful. v.h.



"I don't get to sit down for breakfast, lunch or dinner, so what I have to do is watch what I eat and make conscious choices."

"There's food everywhere I go, so it makes sense for me to reach for the water instead of the ice cream."

"Some days, I get on the treadmill. But I like to walk wherever I can

go. Wherever there are no dogs—I like dogs, don't get me wrong, but I don't want to have to run away from them."

"I like baseball and football, both playing and watching. As I get older, I watch more than I play."

"To relax, I read. Or I enjoy writing a computer program."

Phys Ed | fit

Smilin' Irish Thighs

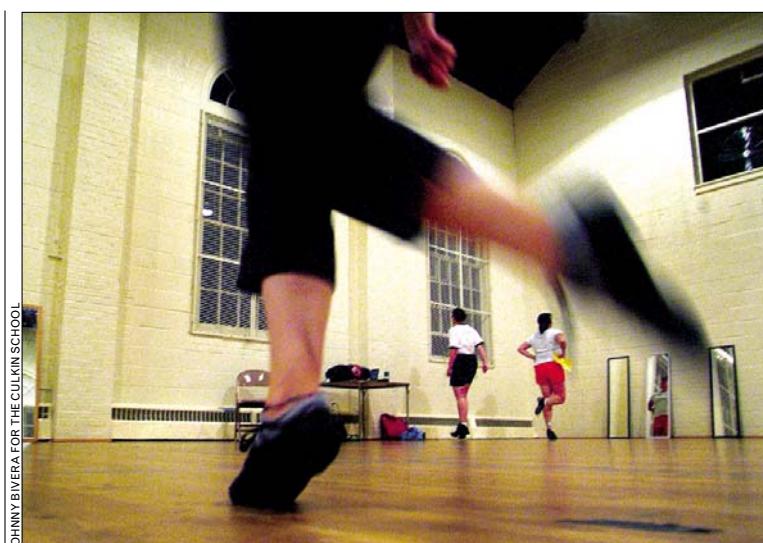
The reel-world challenge requires complex footwork

After a few pints of Guinness, just about everyone thinks they can do a jig exactly like the folks from "Riverdance." But kicking and prancing around a pub doesn't have much in common with the highly intricate and disciplined dances prized on the emerald isle.

WHAT IT IS: The Culkin School, founded in 1997, promotes the idea that learning how to keep your upper body stiff while your legs entrance observers with lightning-quick movements is great exercise and entertainment. And it's also your invitation to a world of competition. Adults (and kids, who make up the majority of the school's 450 students) can kick up their heels and start attending meets within a year or two.

MOVES: Virtually every step requires that your hips be turned out with one knee in front of the other. So ballerinas will have a leg up for that part — figuring out how to loosen the hips can be tough for beginners. But the steps themselves are thoroughly different from ballet. The two most basic moves — and the ones you're likely to encounter in the first class — are "skip-two-three" (which brings you forward) and "seven" (which takes you from side to side in a grapevine-esque motion).

LINGO: First on the lesson plan are the three main forms of solo, or "step," dancing. Assistant instructor Megan Moloney says the jig is about bounce, the reel about power



Form can be quite tricky — those flying toes need to be pointed at all times.

**Work
it Out**

and the slip jig about grace. Once you grasp these concepts, you're ready for group, or "ceili," dancing (pronounced kay-lee). Then you might compete in your first "feis" (pronounced fesh).

WORKOUT: Your upper body may feel neglected, but your lower body — which handles most of the kicking, stomping and prancing — will feel get more than enough attention. "See how they have calf muscles to die for?" boasts Moloney, referring to some of her fellow adult team members. Core muscles will get some love, too.

CROWD: We know what you're thinking. These people must be Irish, right? But with a few exceptions, they're not. They're your average multiethnic crew, with an interest in other forms of dance, a love of the music or a strong desire to upstage

other wannabe dancers at pubs. And like in most dance classes, the participants are mostly women. But there are a few guys hoping to steal that "Lord of the Dance" title from Michael Flatley.

GEAR: When you first start to learn, you don soft shoes — gilles for women and reel shoes for men. Because you're pounding the floor so much, though, some students prefer to wear sneakers for the extra padding. By the end of a year of class, some may be ready to progress to the hard shoes, which are kind of like tap shoes, but with fiberglass toes and heels.

VICKY HALLETT (EXPRESS)

The Culkin School's 2006-2007 session kicks off Sept. 16. The adult beginner class starts Sept. 18 at 7 p.m. (Trinity Church, 7009 Wilson Lane, Bethesda). Call 301-593-9600 or see culkinschool.com or culkinadults.com for more information.

FORM AND FUNCTION

Sculling: The Heart-Healthy Workout

Rowing works almost every major muscle in the body, making it a great cardio workout. But it's also one that needs to be done with the proper form. Before you hop onto a machine, make sure you have the technique down. Think of the stroke as a dance, counting 1-2-3 and 3-2-1:

(1) Push with your legs. (2) Swing up your body by leaning back. (3) Draw your arms to the bottom of your rib cage, spinning the flywheel. Then reverse it: (3) Extend your arms. (2) Swing your body forward from the hips. (1) Bring your legs up after the handle passes your knees. In other words, on the back stroke, your knees should be almost completely straight before you squeeze your shoulder blades together and pull the handle to your sternum. (REPRINTED WITH PERMISSION FROM BEST LIFE MAGAZINE © RODALE INC.)



Start with six sets of three minutes of rowing followed by two minutes of rest.

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Please refer to the Regain study.

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| STUDIES

Stethoscope**Don't Be Mad, Be Glad**

■ Really angry people have another reason to be mad as hell: Long-term rage might damage their lungs. In a study of 670 men ages 45 to 86, researchers found that lung function declined as anger rose. Men with higher levels of hostility also saw their lungs age faster. The research, published in the journal Thorax, began in 1986. Anger and stress can work like allergens in the body, causing inflammation and triggering immune reactions, the researchers said.

**Tiny Bubbles**

■ Go ahead and chug soda until you drop — or rather, don't drop, not of esophageal cancer, anyway. A Swedish study of carbonated-beverage drinkers, published in the Journal of the National Cancer Institute, found no association between fizz consumption and cancer of the esophagus or cardia (where the stomach and esophagus meet), even after 20 years, Reuters reported. That includes carbonated lite beer, too.

Or, Don't Eat Fat

■ Taking a sedate walk after a gigantic dinner may be more useful than it seems. A high-fat meal can briefly hinder the ability of arteries to stretch out to allow for increased blood flow, which isn't good. Researchers at Indiana University fed eight healthy 25-year-olds a fat-free breakfast, a fatty breakfast, then another fatty breakfast, this one followed by a 45-minute walk. The exercise helped arteries dilate, thus acting less like diseased arteries and more like healthy ones.

What Her Body Is Saying

Read the physiological signs to understand your partner's needs

Body talk is more than a come-hither glance and a provocative stance. As you give your lover the once-over, check for extra signs of what she's craving.

PUPILS: If she's feeling stimulated by you (not just sexually), her pupils will dilate. That's because her body is programmed to want to see more of whatever's exciting her, so her brain tells her irises to let in more light. Bonus: She'll start looking better to you, too. Research shows that men rate women with larger pupils as more attractive. Time to make your move.

EYELASHES: If she's blinking more than normal (about 15 times a minute), there's a chance she's on the pill; women on birth control blink 32 percent more than those who aren't. Aside from the obvious, what does that mean for you? Put on your toughest, most confident mug as you look at her. Because of the shift in hormone levels, research says, women on the Pill are more attracted to men with rugged features, such as strong, wide jaws.

BRAIN: Men and women get different kinds of buzzes from booze: Men lose inhibitions, while women become sedated. If you're looking to get her into the party spirit, don't feed her more alcohol. Instead, feed the jukebox. Research shows that mid-to-fast-tempo music will make her more social.

Mid- to fast-tempo music will make her more social.



GETTY IMAGES

BELLY: Want to know whether it's a good time to broach a tricky topic? You can tell if she's relaxed by her breathing pattern. If her stomach pulls in with each inhalation, she's taking shallow breaths from her chest, which indicates stress. Keep your distance. If her abdomen and chest expand with each inhalation, she's taking deeper, more rhythmic breaths — a sign of relaxation. Go for it.

NOSE: Her sense of smell is sharpest first thing in the morning, which, aside from being a good reason to brush your teeth immediately, makes it the best time to impress her with your culinary skills. That's because 90 percent of taste is really smell. Treat her to a breakfast in bed consisting of warmed banana-nut bread, which has an aroma that, according to one study, increases blood flow to the vagina.

CHEST: Sex flush, a pinkish look to the skin of her chest, occurs during foreplay. It stems from changes in blood pressure and circulation, along with pulse and respiration rates. Think of it as her coy way of telling you that if you keep doing what you're doing, you just might get lucky. Another sign that things are working: A woman's breasts grow by as much as 25 percent as things turn hot and heavy.

SMALL OF HER BACK: As she moves toward orgasm during sex, she'll begin to arch her back. Hold her tight around the small of her back at this point and stay attuned to how much she's arching. And, for God's sake, do not let up; maintain the same rhythm and intensity of stimulation until she climaxes.

HANDS: If it seems as if she always has cold hands, it's because she does (almost three degrees colder than yours). Women's bodies are programmed to keep their cores warmer than their extremities. So wrap your arm around her waist to warm her core and allow blood to flow back into her hands. DAVID SCHIPPER AND LISA JONES (REPRINTED WITH PERMISSION FROM MEN'S HEALTH © RODALE INC.)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you run barefoot through the dirt in rural parts of Southern states? Are you coughing? Do you have abdominal pain and diarrhea? You could have **STRONGYLOIDIASIS** — aka, a case of the threadworms. Warning: Grossness ahead! Threadworm larvae enter a human's skin and hitch a ride to the lungs via the bloodstream. There, they head up through the respiratory tract and are SWALLOWED. This sends them to the intestines, where they grow up and lay eggs. The eggs hatch, and most of the larvae leave in the normal way things leave the intestines. But some stay behind. Thank goodness, ivermectin makes swift work of threadworms.

SOURCE: MERCK MANUAL. NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL CARE.



mance, caffeine "might be the difference between first place and last," Dr. Vinson said. It stimulates you to exercise longer because it keeps you from getting as tired, and it's also a mild analgesic, so you can work out longer before you feel sore.

It leads to bone loss.

FALSE. There's evidence that calcium is lost through urine, and by increasing the amount of urine you produce, you decrease your body's calcium stores. The effect, however, is negligible.

I can overdose on caffeine.

TRUE. But most of the documented cases are of people who have intentionally overdosed on high-powered caffeine pills (the lethal dose of pills is about 50). To OD on caffeinated beverages, you would have to down dozens of cups of coffee, hundreds of six-packs of soda and thousands of mugs of tea at the same time.

It is addictive.

TRUE. You develop a tolerance to caffeine over time, and when you no longer take any in, your body, expecting that daily dose, reacts with headaches and irritability. The more caffeine you consume, the more severe the withdrawal symptoms, but some people can get hooked on just a cup a day.

So, I can drink all the caffeine I want, with no consequences.

FALSE. A study found that certain people are genetically programmed to break down caffeine at a slower rate, so it places them at increased risk for heart attacks. Scientists believe that excess caffeine may lead to heart disease but that coffee's other heart-healthy benefits outweigh the risk — as long as the caffeine doesn't linger in your system. A safe limit is four cups a day.

JEAN TANG (REPRINTED WITH PERMISSION FROM WOMEN'S HEALTH MAGAZINE © RODALE INC.)

| THE EXPERTS

Chew On This



It's in the Bag



I'm sick of eating out every day for lunch, but I have no idea how to pack a lunch at home.

In planning the best possible bag lunch, choose foods from three groups — protein, whole grains, fruits and vegetables. Try lean proteins such as tuna fish made with fat-free mayo or mustard, grilled chicken, low-fat yogurt or beans. Nuts, peanut butter and eggs are also good picks, in moderation.

Get creative with your grains — in addition to 100 percent whole-wheat bread, use whole-wheat tortillas or whole-wheat pita pockets for sandwiches. Look for at least 3 grams of fiber per serving on the Nutrition Facts panel.

New fruits and vegetables can add luster to your lunch. Blueberries, bell peppers, grapefruit and broccoli are all nutritional powerhouses and can be prepped the night before. Or, choose pre-washed, pre-cut veggies or fruit salad to save time.

Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements nutrition programs for local companies. E-mail her at nutrition@readexpress.com

Coffee Talking

How to feel good about your Starbucks runs

Anything this good must be bad. That's the prevailing attitude when it comes to caffeine. We crave it. But we feel guilty about it, suspecting that sooner or later, it's going to do us in.

In reality, it's not the guilty pleasure everyone makes it out to be — so feel free to grab your mug while we set the record straight.

Long-term consumption is bad. **FALSE.** That myth exists in part because smokers, who metabolize caffeine twice as fast as nonsmokers, drink more coffee. And smokers have more health problems. But nicotine, not caffeine, is the culprit. As long as you don't have high blood

pressure, heart arrhythmia or anxiety, drinking caffeinated beverages for years is no problem.

It alters my body chemistry.

TRUE. Caffeine is a natural stimulant, and 250 milligrams of it — the amount in two cups of strong coffee — will triple the amount of adrenaline in your bloodstream, increasing your respiratory rate. In your brain, caffeine intercepts adenosine, the chemical that slows down our nerves and signals the need to sleep. It also increases dopamine levels, stimulating pleasure centers.

It makes me smarter.

TRUE. A cup of coffee before you write your performance review

Caffeine helps you work out longer before you start to feel sore.

isn't a bad idea. "It improves cognitive functions" by blocking that brain-slowness adenosine, said Dr. Joe Vinson, a food chemist at the University of Scranton.

It improves my game.

TRUE. In terms of athletic perfor-

Fishing for a Better Burger

■ TEXAS TUNA BURGER, makes 2 servings

INGREDIENTS: 1 medium jalapeno pepper, seeded (about 1 tbsp.); 2 tbsp. reduced-fat mayonnaise; 6 ounces fresh tuna, coarsely chopped; 2 scallions, sliced (about 3/4 cup); 1/4 cup frozen chopped onion; salt and freshly ground black pepper; olive-oil spray; 2 whole-wheat hamburger rolls (about 3 ounces); 1 small tomato, sliced; 2 romaine lettuce leaves

MAKING IT: Chop jalapenos in a food processor. Remove and mix with the mayonnaise. Without washing the food-processor bowl, add the tuna, scallions and onion; pulse several times. Add salt and pepper to taste. Makes two patties. Heat



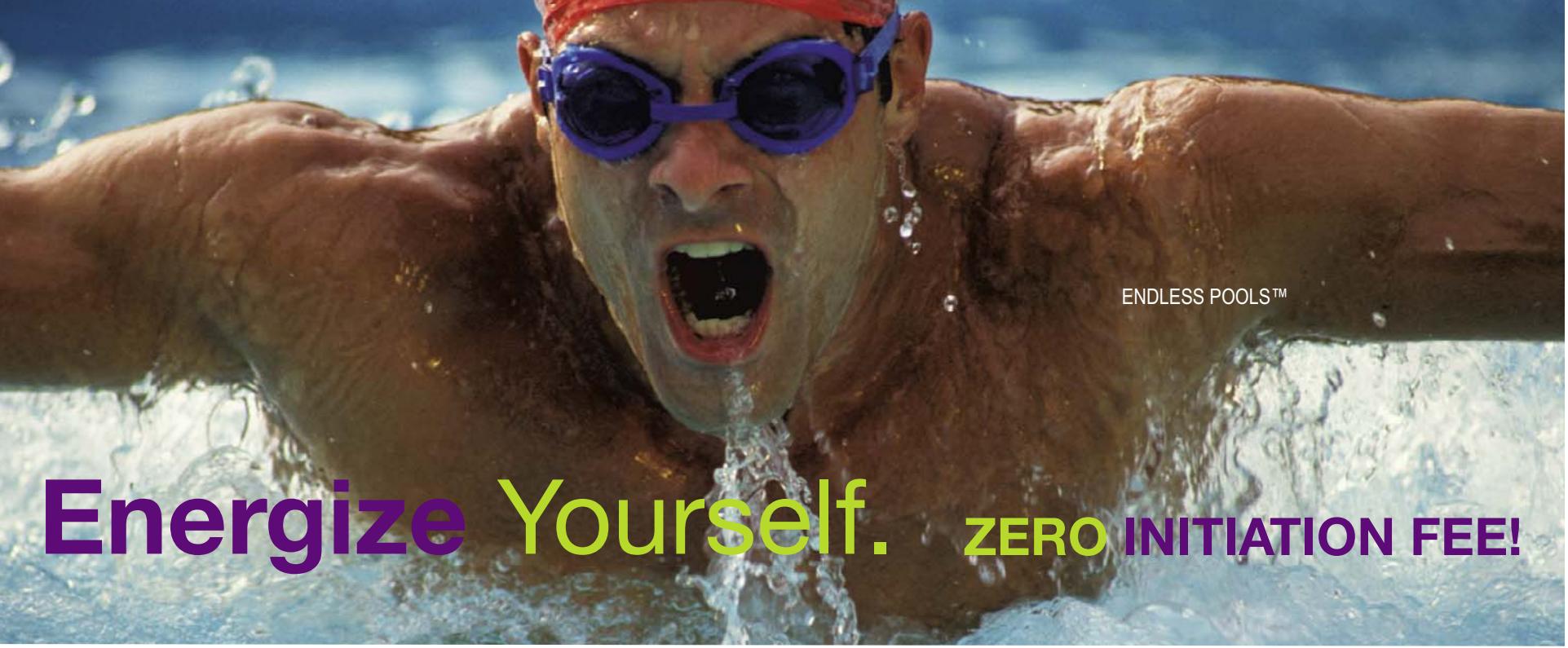
a nonstick skillet over medium-high heat. Coat with olive-oil spray. Add the burgers and cook two minutes. Turn and cook two minutes longer. Put each burger in its bun with several slices of tomato and the lettuce leaves. Spread the mayonnaise on the top half of the roll and close. (AP)

PER SERVING: 298 cal., 9.3 g fat, 44 mg chol., 26.1 g pro., 29.1 g carbo., 384 mg sodium

VITAL STATS

83

PERCENT OF BALLET DANCERS WHO HAD AN "EATING-RELATED PATHOLOGY," SAYS A STUDY PUBLISHED IN THE INTERNATIONAL JOURNAL OF EATING DISORDERS.



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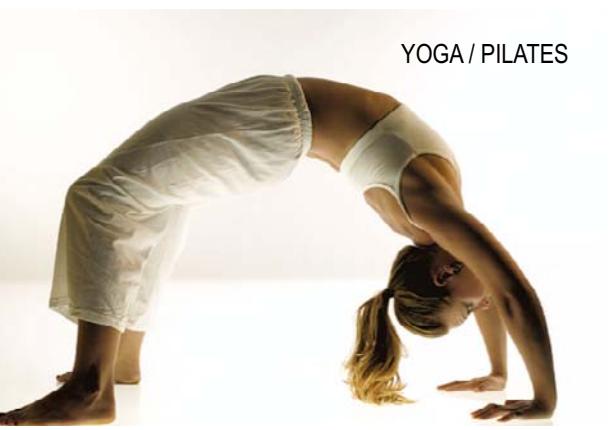
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